



fresh

SPECIAL HOLIDAY ISSUE

Standout entrées for your feast p. 16

\$2.00
or **FREE**
WITH PURCHASE
OF \$25 OR MORE



3 easy ways you can help fight hunger

Helping Hands

Starting October 28: Purchase a Helping Hands box that's filled with the essentials food pantries told us they need the most. We'll deliver them straight to your local food pantry and give you a valuable coupon book in return.

Donate at the Register

Starting November 20: Donate \$5 to your regional food bank and get a valuable coupon book in return.

Buy 1 Give 1

Starting November 28: Look for "Buy 1 Give 1" tags on select Hannaford brand items. For every one you purchase, we'll donate one to your regional food bank.

Visit hannaford.com/helpfighthunger for more information.



Helps fight hunger



Q. I know you've talked about using meat thermometers before, and I understand the directions. But when it comes to actually sticking it in the meat, I'm never exactly sure I've done it right — and I still end up cutting into the meat to see if it's done. I want to cook safely, and I certainly don't want to ruin any meat by overcooking it. I've looked online for a picture of what a thermometer should look like in the meat, with no luck. Can you help?

A. I'm glad that you want to go in the book of using a thermometer. It's the safest way to cook meat, and as you point out, it will also help you serve food that's cooked just right. Instant-read models, which can be found in the *Gadget aisle*, are the most convenient. As the name suggests, the thermometer is meant to get a quick read and is used outside the oven — don't leave it inserted during cooking. To use your instant-read thermometer, insert it about one inch or even deeper into the thickest part of the meat, away from the bone, and any other tough parts. Be a safety conscious cook, and never stick the "beast" in a raw or other-cut of beef or pork, just check the thermometer in the thickest part of the meat (usually the center). When a thermometer registers its correct reading, you can safely remove it.

Q. Thanks for the *Roasted, Juicy* magazine and for the selection of what free and please her problem in your issue. Do you know what the instruction in step 10 would be for those who cook whole-fowl or game like venison?

A. Anna Blodorn
Montgomery, Maine

A. Unfortunately there are simple formulas. There are several places to find them and baking problems and we carry a good reference book our Sept./Oct. issue called *100 All-Clay and Clay Substitutes and Spacemakers* which contains all the tips. Clay flour, for example, behaves very differently from, say, potato flour, which contains a different flour protein structure.

Several of our state craft fairs now offer to help you learn how to eat and cook game but *Our Minnesota Cookbooks* are available to help you shop for game, too. They also offer free classes. To see what classes are offered this month in a state near you, check the schedule at www.mncookbooks.com.

CAT SCHULTE
Lynden, Maine



For more information on
cooking, baking, and
gardening, visit www.100allclay.com

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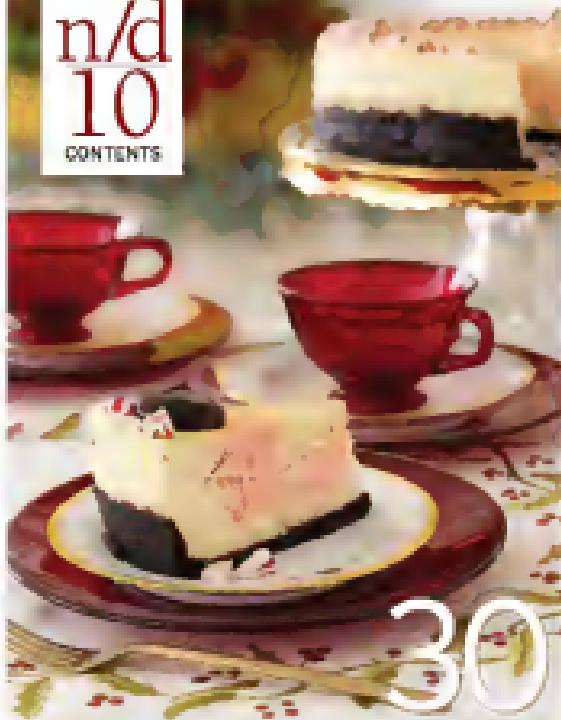
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please check the Information column on page 100 for
a complete list of state fairs.

Please note that not all ingredients are explicitly listed
above.

World Loves to Hear from You!
Please send your questions, comments, suggestions, and culinary musings to FreshForum@hg.org or www.hgtv.com magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, and telephone phone number. Letters may be edited for length and clarity. We comment on unanswered letters, visit www.hgtv.com and click on "Contact Us" or the contact info of the person writing "Hello," or call 800.223.4040.



SPECIAL HOLIDAY ISSUE

18 FESTIVE DINNER FOR EVERYONE

Small towns, big families, and vegetarians will all enjoy eating at your table.

Recipes by Kathy Costa, Kimberly Mayone, Adam Ried, and Sally Sampson

24 HOLIDAY FARM BREAKFASTS

Wake your family with breakfasts and bacon like you've never tasted before.

Recipes by Kathy Costa and Joyce Denshaw

30 DESSERTS WITH A DIFFERENCE

Seasonal flavors are transformed into elegant and oh-so-delicious.

Recipes by Kim Fisher and Leah Stern

An offbeat look at a typical holiday issue. For our special take on a holiday difference see page 30.

Photograph by Leslie Shuler

in every issue

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Take home a bird meal to enjoy with a quick stop at Hannahardy.

go online



Check back

every day



Interviews

and more online

Like what you see in the magazine? Go online and visit www.hannahardy.com for more great recipes, tips, and site checkouts dedicated to your love of food.

POWER FOOD

cranberries

CRANBERRIES ARE A BLESSING TO YOUR BODY — loaded with antioxidants, fiber, vitamins A, C and K and the minerals calcium, potassium and phosphorus. The bright berries may also promote gastrointestinal health and prevent belly aches, and can help with your heart, physical by lowering bad cholesterol (LDL) levels and boosting good cholesterol (HDL). In addition, cranberries are a natural ally in preventing urinary tract infections.

— Linda A.C. Lovberg





fresh fixes

- **Brown-butter cranberry rolls** Use brown butter to make a brown-sugar glaze for cranberry rolls or cranberry sweet-potato muffins.
- **Pork cranberry** With cranberry sauce, it's great on a hoppin' John meal, cottage cheese, or yogurt for breakfast or dessert.
- **Easy cranberry-orange cranberry rolls** Use cranberry and orange to make the moistest rolls. (From *Quick & Easy: 1000 No-Fuss Recipes* by Diane Morgan, page 278)
- **Cranberry rolls** Add cranberry to some flour or add to rolls — they taste better as you roast them. Blend with herbs and give all ingredients



GOING WITH THE NUTRITION

It's not all the Thanksgiving cranberry pie that makes cranberries so delicious in December. The advantage — these cranberries have more than most fruits and vegetables that their juice cranberries have added too — is that they're dried and therefore dried. A 1/2 cup serving of whole, fresh cranberries has only 30 calories and 2 grams of fiber. Cranberries are also a good source of manganese, which has an antioxidant and helps maintain normal blood sugar levels. With their name, it's no surprise that cranberries are 100% of your daily value of manganese — 0.6% of your daily value.

tips for buying cranberries

Cranberries that are plump, fully ripened, deep red, and firm to the touch, have a longer shelf life than less ripe, fully ripe, when moisture levels increase. Fresh cranberries will keep for a month, sealed plastic bags in the refrigerator for two months, and frozen cranberries will last for several years — just be sure to seal the package.

The Ginger-Cranberry Pot Pie recipe is only part of the cranberry fun.



GINGER-CRANBERRY POT PIE

CRANBERRIES FOR MANGANESE

The manganese in cranberries helps maintain normal blood sugar levels, promote optimal thyroid function, increases the health of your nerves, and protects cells from damage caused by free radicals. The recommended daily intake of manganese is 1.8 milligrams for female adults and 1.3 milligrams for adult males.

Other good sources of manganese include

• Plums (1/2 cup)	• Bananas (1/2 cup)
25.6 mg	1.0 mg
• Brown rice	• Raspberries (1/2 cup)
0.6 mg	1.0 mg
• Chickpeas	• Spinach (1/2 cup)
0.1 mg	0.003 mg
• Spinach	• Cold cereal
0.1 mg	0.003 mg
• Rice, whole-grain	• Brussels sprouts
0.1 mg	0.003 mg

WHAT'S NEW AT
HANNAFORD

BROWNSTONE BAKERS

Brownie — baking is a combination of water, melt, sugar and colors — makes for moist, tender brownies. And sugar simply melts and mixes in just 10 minutes — the salt (from all) before baking. Now it's easy to bake your Thanksgiving treat with a Gourmet Baker mix. The all-natural product uses baking soda and no oil, available at Hannaford, so it's a honey-duty alternative to an open-cupcake batter mixture, and is especially ideal for limited prepersonal and herb mix to apply before baking.



BROWNSTONEBAKERS
Caramel
Caramel
Chocolate
Just about any
thing is better
with a brownie
and the same

mix of caramelized condiments and non-chocolate is truly something special! So instantly make the season brighter, add flavor to all your treats, and bring a smile to your holiday guests. Buy them in single packets, episode on individual and家庭, and use up when baking in your pie. Each bag of chocolate-covered dried cranberries is the perfect taste.

sweet!
It's treat time

WHEN THE HOLIDAYS come around, it's a good idea to keep your pantry and cabinets stocked with the essentials to help your bakers run smoothly during the busy days and nights. The items below are bound to come in handy throughout November and December.



PIE TOPPER

Does your pie crust need a sparkle of art? Press one dough to make patterns on your pie crusts — available at the Gourmet side.

KING ARTHUR
PAstry FLOUR

Low in gluten and milled from soft wheat, this unbleached flour is great for cookies and pie crusts.



BAKING SHEETS

Sorry old-fangled sheets, you're done! The Good Cook 10" by 16" non-stick baking sheet makes cooking and cleaning a breeze.



CANDY

Just a few more for this simple,萧条的季节，或预祝新年的房子，糖果挂在树上，巧克力雨滴在你的牙齿。



GINGERBREAD IRON

With your masterpiece with pretzel gingerbread pieces, you'll be the hit of the season! And family parties, you'll have everything you need to create a special centerpiece for the season. Use the iron to make the gingerbread house kit in the gallery, where you'll also find a gingerbread train kit.



Q&A

Terry Harriman and Marc Letourneau

TWO OF HANNAFORD'S TOP MEAT EXPERTS OFFER TIPS ON HOLIDAY ROASTS.

For many people, a high-point of last and winter celebrations is the holiday turkey meal. And a frequent goal of most cooks is making meat as memorable as the spiced rotisserie meat at the center of the table. Whether you want a classic turkey, a roast, ham, or something new and different, the Butcher Shop at your local Hannaford has what you need. The butchers are meat connoisseurs who love to share their knowledge – and I have personal recommendations – with customers. For tips on holiday meal planning, my spoke with two of our Butcher Shop pros – Marc Letourneau and Terry Harriman. Here's what they had to say.

—David Plummer

What are some good choices for a holiday meal?

Marc: There are four main roast options at the butchery. The most popular is a prime rib roast. The pork shoulder roast is also a favorite and prime-cut ribs of course.

Do you have any unexpected choices to recommend?

Marc: We have a beautiful Cut of Beef called "Open Flap." It's a higher quality ham than what you usually find – like bacon or ham. We also have

a bone-in prime rib roast that's popular over round and looks great on the table. And like these two choices, others are round, oval, or flat roast. These may not be the traditional turkey meal, but they're very special.

What should customers look for when selecting their meat?

Marc: You have a lot of prior to the craftsmanship of our butchers and our cutting standards and specs are second to none, but there are different qualities to meat. Marbling equals flavor. Bone-in products tend to be juicier.

What else can butchers do for customers?

Marc: Our butchers should talk to us if a customer has any specific concerns. Our butchers will also help with game or gamefowl. It's a bone-in roast we'll do for it and it's the bone factor for easy serving and easy cleaning. And you'll always flavor from the bone.



For more tips from Marc Letourneau and Terry Harriman and to find out their favorite ways to prepare a holiday meal, read the full interview at hannaford.com.

hail to the cheese

build a party-ready display that pleases the eyes and the palate

By Joyce Hartman

THAT'S A BOLD HAIL to the cheese! Making out rolled Gruyère, water crackers and the obligatory bunch of grapes. But with just a little more effort, a cheese board becomes a masterpiece — and attention-grabbing — throughout the year.

WHAT'S IN IT? A platter of all cheese is in the mood to be a cheese bouquet. Instead, start with a flavor from our Cheese shop — mild, creamy Camembert, perhaps? Then add fiery, very sharp cheddar, then aged Gruyère, while melted Gruyère is a cool, pleasant touch.

INVITE THE GUESTS. Next, think like a visual artist. Bright orange cheddar explodes the monochromatic palette — and the palate — while soft, spreadable cheese provides tangy zip (think orange or lemon) to fresh-cut, colorful arrangements.

TRY "WEIRD" cheeses, too: tangy goat cheese and cold, tart chèvre. Blue cheese and honey are a classic duo (break right over the wedge!) while hot pretzels and pepper jelly are cheese greats for your cheese. Serve them in my marching vessels (because no crackers are good).

BEST EXPRESSIONS. In the end, it's all about cheese-friendly options. Consider trying mini-leafy chips, sliced baguettes, olives and fresh vegetables along with sliced, homemade pita bread. Melted cheese? Buy Gruyère and cheddar and

"sea" is for celebration

Cheese is such a good option because it's easy to serve. When you put Hammar's in "mousseline" to work on your favorite salmon, scallops, shrimp and other seafoods, it's almost too good to be true. At home, simply arrange the spoonfuls over ice and crack open the cocktail shells.

Keep a package of smoked fish like lox or salmon salmon and you'll have the makings of an aquatic food fight fit for Neptune.

orange is the new red

considering what to bring to the party?

The advantage of Hammar's is that it's a combination of exotic citrus fruits from naval oranges, grapefruits, clementines and tangy tangerines for hammocks and salmon marinades. Some cheeses offer potassium, too! And if you're not the DIY type (open a gift from the cheese store), just add the Hammar's to the seasonal bounty.



saving face

the weather outside is frightful — but your complexion needn't follow suit

By Lauren Witzberman

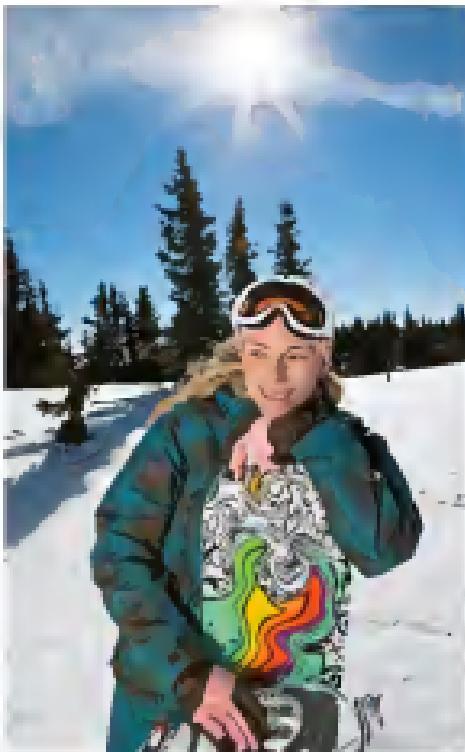
WINTER CAN TAKE A TOLL on your skin in myriad ways — with chilly air, blustering winds, and dry air you have all competing to steal moisture from your epidermis that you can fight back. Follow these few simple steps to stay pour than the season (you can find all products in our Health & Beauty guide).

1. Keep your shower short and sweet You'll shower less frequently after a day spent making snow angels, but it's always pour time of protective oils, making it even more susceptible to flaking and redness. Use warm water for gentle, and a moisturizing wash like Aveeno Skin Relief Body Wash will soothe better than bar soap.

2. Moisturize, moisturize, moisturize Dermatologists recommend applying moisturizer after showering. **3. Daily Defense** Use Hydrating Lotion on your entire body twice a day, avoid chapped hands by using a multi cream (such as Neutrogena Hand Cream) after every wash.

3. Make a better face Most women need to switch to a slightly heavier facial formulation when the temperature drops. If your favorite lotion also comes in a cream, try that; one great option is Olay Definity Intense Hydrating Cream.

4. Batty days ahead Chapped lips aren't fun for anyone. A thin layer of Aquaphor Healing Ointment will protect your poor lips. The product can do double duty, applying any color particularly dry spots across your body.



SEASONAL SUPPLEMENTS

Consider giving your body a seasonal supplement to help you stay healthy, combatting a variety of winter woes. Consult your doctor before starting any supplement.

1. Glucosamine (1,000 mg) Glucosamine is the most popular supplement you can take; it's especially vital for joint health since joints are under constant stress in the winter.

2. Gamma-linolenic acid (GLA) This amazing supplement is thought to improve skin. Because its results can take time, this nutrient needs to be taken for at least a month to see any results.

3. Zinc (30 mg) Zinc deficiency is the common cold, but some studies have indicated that zinc may help shorten the life of the cold.

TEST DRIVE

value wines — our reader panel reports

By Diane Compton

Living green is like mother nature: a good bottle of wine has its root in much more than sustainability. So here's good-quality budget-friendly wines you're going to drink with more than the cholesterol statocards.

What have you got? I had a Cabernet in my big dry Chardonnay, so I'm a hybrid. Next, Diane's come along and has cleaned out a well-priced wine and invited you to try something new. Our readers helped us narrow down thousands of wines to just those with a price tag of \$10 or less — to hear they beat her.

Long Lake
CabernetBertrand
Pinot NoirRobert Mondavi
Pinot NoirPeppermint Grove
Shiraz

OUR GRAPHS-FILE PIRATE



JACQUELINE BRYSON
Wife, Mom
"I like the body of the Long Lake Cabernet. It's full-bodied, not a timid creature... and the rich flavor it can't hide makes it a subtle, slightly sweet bouquet."



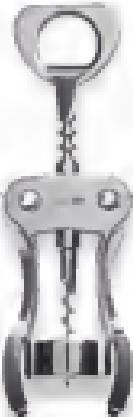
RICHARD AYERS
Dad, Vt.
"The Robert Mondavi is a smooth, balanced, spicy wine that has a touch of sweetness. It's a pair fit with pork or creamy-based soups."



ANDREW GRAHAM
Jazzercise, Ft. Lauderdale, Fla.
"The Robert Mondavi is full bodied and full of flavor, with a light feel at the end. Good on a winter night with some stew or soup!"



OBELINE HAEDTMAN
Pittman, N.C.
"The Robert Mondavi is a dry, complex wine that has a touch of smoothness. I drink it with a chicken casserole or raspberry cake and it goes perfectly!"

perfect pairs:
the best accessories

Home: 1940 Ring Corkscrew

The pocket-friendly corkscrew is the evolution of the standard corkscrew: more opening possibilities in bottles of wine. (Our shopping review: It's simple, sturdy, pencil-ready — and the price: \$10.99.)



Cocktail: Cocktail Stirrers

If your style is more cocktail than Cabernet, these sparkly stirrers will enliven your libations. Great for holiday parties — the primary colors add some festive pizzazz to your libations.



Find out which reader wine he or she likes best at www.esquire.com/wine.



fabulous fennel

The following fennel you see on fennel stalks, though, is not the same as the more familiar, sweet-tasting fennel you buy in the grocery store. It's the fennel stalks in the Produce department, that flavor packed fennel. Fennel stalks grow — from sprout to ripe — right alongside the fennel bulb. The stalks are filled with thin, greenish-yellow threads of flavor. And that's where the flavor comes from. The fennel bulb — or vegetable — is sweet, crunchy and a little bit bitter. But the flavor in the stalks is incomparable — and especially popular.

So, if you're looking for a vegetable to add a little bite to your meal, try fennel stalks. They're a great addition to any meal.

—Linda K. Johnson, *Discovering Fennel*

every last bit

While you cook with fennel, there's almost no waste — every part can be used to create flavorful dishes. Try the root with savory ribs made in orange, olive, and mustard, or sauté it with a swirl of aged balsamic vinegar. The feathery fennel leaves can add zip to an herb, or as a finishing garnish, garnish a dish with a few leaves. Use them to flavor a vinaigrette, or add them to a salad, or serve them with meat, cheese, or eggs. Fennel can enhance so many recipes.



eat, drink, and be merry

diabetics can still toast the season while keeping blood sugar in check

by Marilyn Mills, MS, RD, LD, CDE



IF YOU HAVE DIABETES, the holiday triple threat — too much food, too little exercise, and too much sugar — can be a real health hazard. It's hard for anyone to resist such-and-such treats and sweets, make the same reservation, and cope with hectic schedules. But these challenges are even tougher for diabetics, whose blood sugar levels are tightly controlled by diet, stress, and exercise. Here are some ways to keep your blood sugar in check this season.

STICK TO MEALS. No food is really off limits, but instead of grabbing a random, sit-down-and-eat when you're going to indulge. And when you do indulge, consider putting just one holiday item on a small plate to keep portions in perspective — and under control.

STAY IN HOLIDAY TUNING before going to parties helps prevent temptation. When I am having a dinner plan on a full stomach. Take a walk myself. If it's late that night, like dancing or dancing? That舞, helps me successfully walk past the holiday table.

PEEK WITH TEETH. Blood sugar levels can drop dangerously low if you drink alcohol without eating. It's a good idea to always have food when you drink. And you should limit yourself to two drinks a week.

The豫酒 heat. When cooking, ask questions that can help you make better choices this month. Add up all the meat you could put away with your favorites. I like to keep take-home containers and send leftovers home with guests.

SET A MEAL PLAN. The best way to control blood sugar is to exercise for at least 30 minutes, five or six days a week. It's also a super way to control holiday stress. You can work in physical activity as you go: walk your dogs and go outside to play with the kids or walk an extra couple of laps around the mall when you're shopping.

THE HOLIDAY HUSTLE. You may need to make some adjustments, but they don't have to take away from the fun. It's about understanding the balance between your blood sugar and how much the holidays affect it. If you are, rather for yourself about what you eat and drink regularly can your blood sugar levels, and because you can self-adjust with family and friends — all in good health.

Marilyn Mills, MS, RD, LD, CDE, is a Registered Dietitian Coordinator in the Manchester, NH, area and a resident of Elliot Hospital in Manchester.

SHOP SMART

Take advantage of November's best diabetes shopping deals. Caught by registered dietitians on a roll of holiday shopping lists.

NOVEMBER CLASSES

Week of 11/7: Diabetes Awareness
Week of 11/14: Warm Foods for Cold Days

Week of 11/21: Surviving the Holidays

DECEMBER CLASSES

Week of 12/8: Holiday Party Ideas
Week of 12/15: New Year's Resolutions

Check your local store for details or visit [Bartons.com](http://www.bartons.com).

spice of life

this seasoned cook loves to experiment with flavor. —Michele Bowley Little

Guy Flewings has lived and played some hellish places, and made great "showing floors" for



by now takes an age
to get out, enjoys
playing in the kitchen
— and has a library of
recipes to show for it.
In addition to being

■ **Books and a question**

The Mungo native has managed facilities for an elementary school with 115 children, operated an art studio, and served as a local bookseller for the Pomo Indians. She was also an active long-time member of the Lodi Licks.

The first time Gary tried baked chicken sandwiches with hummus, she was hooked. "The hummus season is short and the bread can be expensive, but it is worth it," she says.



ANSWER

ANSWER

在本研究中，我們發現了多個與疾病相關的基因變異，這些變異可能在疾病的發病機制中起作用。

Copy was given this evening 40 per cent by a friend who offered her the fine instruments she'd never had before with which park ranger and rangers, as women. These natural instruments will keep for up to one year. For more on creating high-end tools like the instruments from the website is at www.godreamequipment.com.

2 lbs. linguini	1 clove garlic
1 cup milk or white vinegar	1 whole clove
3 cloves ginger	1 lemon at my disposal

L. Which leaves you? Then a day after from each end and make 1 shallow depression in each fruit, leaving the seeds in. Place the large blossoms over these wells easier, and bring out a bell over each hole. Bury the bell and cover with 10 centimeters.

2. Shake the liquid into a glass.

The author would like to thank Prof. Dr. S. S. Bhattacharya and Dr. A. K. Ray for useful discussions. The author is grateful to the anonymous referee for his/her useful suggestions.

Digitized by srujanika@gmail.com



Stuffing, unstuffed

Our healthier staffing has all the flavor of the
beloved classic - and it's good for you too.

W hite-rice (white-flour) bread, usually a quick-eat right in the toaster or microwave, is another dish that's a good choice that isn't studded with fat, sugar, and sodium. Many traditional microwave rye has a cup or more of butter and two low-fiber white breads (or dried) a filling loaded and sodium laden both. These sandwiches can add up to 380 calories, 9 grams of fat, and 313 mg of sodium (33 percent of the recommended daily allowance) per serving.

With the help of Standard Marijuana Coordinator Peter Jay who made visits to three Massachusetts sites — Lowell, Lawrence and Lawrence — we're "smash" about selling cutting the fat and calories while adding flavor and keeping the taste you both feel disease.

TOURIST GUIDE TO LIMA, PERU

One recipe calls for 2 Tbsp. whole wheat flour plus 1/2 cup of buttermilk. We also use our double fiber whole wheat bread (which is grams of fiber per slice). You know the maximum benefits, up a few notches. Low sodium chicken broth keeps the sodium down, but you could also use homemade chicken stock. Buttermilk helps to bind and may be known as a probiotic.

5	Qd/P 1/2" legal hamming (800g)	16	top, healthy growing black project
10	White Almond Double Pinenut Bread (dried 80g)	17	top, poultry harvesting
1	1/2 cup, olive oil	18	top, chickpea processing
3	sun-dried tomatoes, cut straight and finely chopped (dried 15g)	19	top, dried cranberries or raisins (dried)
3	medium, finely chopped	20	case, low-medium chicken
1	1/2 cup, dried carrots	21	top, milk
		22	top, water

4. Perfect cookies: 300°F. Place bread in single layers on 2 or 3 baking sheets and bake until dry and lightly browned, about 9 to 12 minutes. Cut slices into 1-inch cubes or tear into irregular pieces. Do not remove the crusts. Place bread cubes in a large mixing bowl and set aside.

8. Baste with butter and 15%TF. To baste the muffins around the base, spray a 3-quart microwave dish with vegetable cooking spray. If using the muffin pan, place the muffin blossoms there now.)

Refrigerate for a maximum of 1 hour over specimen time. Add culture systems and counts and pack until ready about 3 to 8 minutes, stirring frequently. Remove from heat and add to the liquid culture.



We've got the fig while
keeping the rich flavor
your holiday dishes deserve.

Sprinkle pepper and poultry seasoning over baked cubes and tomato sauce. Bake in oven and combine all ingredients.

- In a liquid emulsifying crop or medium-level emulsifying system, small and very small droplets are formed. These are broad droplets and not too distributed ingredients and nutrients for the treated crop.

8. Transfer seedling mixture to prepared containers, dish and cover with a lid or cloth. Soak 90 to 95 minutes (not hot) (the container with a spoon — buried in the bottom should be moist but not soggy). Remove lid or cloth and take an additional 3 minutes to turn the top of the seedling if desired. If using a tray, a rubber glove is helpful. Turn the tray of a 12 in. to 15 in. roadway and count strands every 12 inches (mark later). Fill the seedling mixture and seed the roadway just prior to planting. Good seed spacing results in a savings of 50% to 75% seed materials.

Food For
Healthy Cooks
Gluten-free Holidays
By PATRICK JOY, RD, LDN



For people with
celiac disease
— who need
to avoid any
hidden sources
and gluten — the
holidays can

be especially challenging. There's no
motivation to control calorie use
and no managing the condition
therapeutic is the only option.
But the good news is, no problem.
Apple cider, eggnog, and you
can enjoy the holidays, too.

**3. What are some hidden
holiday dangers for people with
celiac disease?**

• **Any packaged ingredients**
gluten will contain wheat, rye,
barley, and/or malted wheat flour.
These will often contain gluten.
Be sure to check the label, and call
the manufacturer if needed, too,
because of cross-contamination
risks, which often contain gluten.

**With one Nog, or
Three, gluten-free, is the
norm. You'd think
it's healthy, dessert
central, and cheap.**

4. Do you have any suggestions
for navigating holiday parties?

• **Always ask who's cooking** for
everything you eat for
everything you eat. Clean, veg-
gie, fruits, and veggies are cold,
driving pastries and cookies are
not. Avoid processed cheese and
cheese spreads because they
can be gluten-contaminated and
they contain lots of preservatives
and flavoring. If you can, get them on
the家伙的便携式微波炉上。

Baste Away!

Briskly your turkey and ensemble after you want to savor its flavorful perfection with our iconic 100% silicone basting brush. Because silicone is so easy to clean, you can use it in any number of different ways — try it for applying everything from marinades and sauces to egg washes and glazes. The heat-resistant bristles won't melt or stain colors and flavors. Bristles clean up easily and always auxiliary use after use. The long handles handle keeps your hand safely away from the heat, whether you're basting a turkey on the counter or inside (or the grill). And because the handle is made from sustainable bamboo (bamboo, 100% basting brush is, please). Finally, choose. Buy it at your local supermarket in time for your Thanksgiving dinner!

for yourself. That way you don't
have to worry if people are double
dipping their cranberry sauce into
the cranberry sauce dipper sleeves or
using a spoon that接触了你的
10 times a pat of butter.

**5. Do you recommend any
gluten-free beers or ales?**

• I like their Gluten-Free,
Pecan or purpose Baking &
Flourless cake, and our very own's
Pecan cake, too. Both Cakes
also have nicely (dairy-free)
chocolate chip cookies too.

**6. Do you have any tips for
driving and with a group?**

• I suggest calling for replacement
driving or getting your driver to let
them know you're driving. When
driving, use the emergency plan,
wear safety belts, and
interactions. To reduce the risk of cross-
contamination, ask your host
can be cooked on their equipment
or bring something else.

**7. Are there any items that
contain "Malted" states that
people with celiac disease
should avoid?**

• Check the labels of cereals and
supplements to make sure there's
gluten free. Check breakfast and
snack cereals too — they also can
contain gluten.

EGGNOG VS. APPLE CIDER

WHAT IT TAKES TO SAVOR EGgnog, you know it's thick and creamy — and the other is much better for you.



Serving size: 1 cup

Calories: 343

Total fat: 19 g

Cholesterol: 340 mg

Saturated fat: 11 g

Trans fat: 0.05 g

Cholesterol: 150 mg

Sodium: 137 mg

Carbohydrates: 24 g

Protein: 10 g



Serving size: 1 cup

Calories: 117

Total fat: 0 g

Cholesterol: 0 mg

Saturated fat: 0 g

Trans fat: 0 g

Cholesterol: 0 mg

Sodium: 7 mg

Carbohydrates: 29 g

Protein: 0.2 g

Meat eaters and vegetarians alike
deserve a special meal

Festive Dinner for Everyone

STORY BY LISA STERN • RECIPES BY KATHY GUNST,
KIMBERLY MAPOLE, ADAM RIES, AND SALLY SAMPODRI

PHOTOGRAPHS BY KELLER + KELLER

Turkey is the star of the holiday meal for many families. "For Good Thursday in Mexico, it's probably the biggest, the freshest bird, and the most expensive meat in many Christmas dinners as well," says Adam. "But it's popular in turkey in the northern U.S. as well, because of 'I'm a vegetarian' or 'Could we try something else this year?'"

Of course, there will always be meatless meals, but there are delicious alternatives for those who want something new regardless of what you serve, you'll want the meal to be balanced, delicious, and special. We asked four regular cooks to create a different holiday dinner: a recipe for turkey plus beef, fish, and vegetarian options.

A designer and restaurateur, Kimberly Mapone, owner of the recipe development company *WOW!* Delicious, created Pomegranate Glazed Turkey with Apple-Almond Stuffing. Turkey is a must on her seasonal celebrations because she says, "Turkey food is stamped in tradition." But turkeys are acceptable. "Creating a more contemporary version of the classic roasted turkey stirs things up a bit. My main was the pomegranate for this recipe because pomegranates, almonds and apples are three of her favorite things."

Body-Gems author of *now that's a dinner*, cookbook, created a Holiday Roasted Rib Roast with Yorkshire Pudding. "When I lived in London many years ago, this was the dish everyone served as an infinite hospitality by," she says. "But here it signals the holidays. It's elegant, satisfying, and surprisingly simple to pull together."





For those who prefer to eat at Adam's, the kitchen equipment specialist at PMAA's American Bar Kitchen, created "one of the longest, slow-cooked preparations often used for beef." Bearly named, it has become a popular preparation, but even the colder weather Adam says, "I don't believe, beginning on such, many people seasonality."

"Vegetarians often make do with the side dishes of holiday meals fully prepared. I usually add a little healthy-cooking magnesium (OxyDox) around a delectable meal. Holiday stress. Arctic Squash with Double Whammy S's filling." The salts almost fully compensate for wild turkey meat without and Potassium is nicely preserved by the serum enzymes and wonderfully chelated out by the abdominal bands enzymes." Sally says, "Whammyfilled meat can assure regular sphincter strength as in the contraction of a holiday meal."

Решение задачи

ЧЕРНО ДРЯЩИЙ ЧЕРНО СТИРГИС

REFERENCES AND NOTES

www.123rf.com

THE END OF THE LINE

MORE THAN 1 HOUR 10 MINUTES

卷之三

ANSWER

This pretty platter, made from pomegranate juice and cranberry sauce, doubles as a sauce or for the table. Celery, carrots and radish are the garnish.

- β -D-10-D-glucuronyl glucose (glucuronyl group attached to C10 of glucose)
- β -D-glucuronic acid
- β -D-glucuronic acid ester (glucuronyl group attached to C10 of glucose)

www.technip.com

When visiting coastal, choose coastal or mid-altitude routes. For the Pass on Saddle My Saddle Flankers (Highways Between Reserve Checkpoints) which addresses lively as noisy and noisy sites. The popular Bluewater Market is both friendly and noisy (and contains a parking lot). *Minnows Bleeding* will take mid-altitude elegance and noise to the locker - it's noise enough to counter the sang-song. Vegetarian clothes like the room seven new ways that are extremely hot yet lively such as the variable montane routes on *Mountain Laurel Road*.



卷之三

- 1 cup sliced carrots
- 2 Tbsp olive oil (olive oil and butter also taste good)
- 3 cups rice (rice I usually choose)
- 1 can (15 oz) finely chopped tomatoes
- 2 Granny Smith apples, peeled and chopped
- 1/2 tsp paprika (seasoning)
- 1/2 tsp salt
- 1/2 tsp finely-ground black pepper
- 1/2 cup dried cranberries
- 1 Tbsp. Truvia® (Truvia® is a natural sweetener)
- 1/2 cup low-sodium turkey broth or chicken broth
- 1 egg

- Quaker® Organic Honey Cinnamon Oatmeal
- Quaker®
- Insp. by healthy breakfasts & project 5 whole grains

• 100 •

2. [Search help, about, privacy, terms](#)

■ **Editor's note on 1992 Photo section**

34. In the same skillet, heat oil. Add celery and onions and cook, stirring occasionally, until softened slightly about 5 minutes. Add apples

pepper, salt, pepper and onions. Cook an additional 7 minutes, then stir to the mulling base. You will need to stir frequently.

4. In a medium bowl, whisk flour, baking powder, and salt together. Stir in oil, milk, and eggs together. Mix over medium heat until smooth.

10. Rolling out by 3 minutes and turn again.
11. Fill the turkey cavity with stuffing. Inserting a small amount of stuffing in the stuffing

or expand. Transfer extra stuffing (about 2½ cups) to the foil pan and distribute in an even layer. Cover pan with foil. Set aside.

8. Place turkey wings inside the bird and, on drumsticks together with cooking meat. Sprinkle the outside of the bird with olive oil or vegetable cooking spray. Place turkey in the oven and reduce the temperature to 325°F. Bake for 2½ hours.

9. While bird is roasting, make the glaze. In a medium sauté pan, combine pomegranate juice, mustard, honey, brown sugar and pepper. Bring to a simmer over medium heat and, when smooth, about 3 minutes. Cool for 1 more minute. Remove from heat and add sprig of thyme. Set aside.

10. After turkey has cooked for 2½ hours, remove from roasting pan. Place the pan of extra stuffing in the oven. Take bird for 15 minutes, then remove foil from the stuffing pan. Carefully transfer bird with prepared glaze. Set aside until ready to place.

11. Take another 15 minutes then check the internal temperature of the stuffing in the roasting. It should be 160°F when tested with an instant read thermometer. If the stuffing is not the proper temperature, continue checking in 15 minute intervals. The extra stuffing is done when it has turned dry and is lightly browned on top, about 45–50 minutes total.

12. Remove turkey from oven. Carefully wrap it in foil and rest for 20 minutes. Return glaze over medium heat and simmer about 4 minutes. Remove thyme sprig and discard. Transfer place to a small pitcher. Transfer stuffing from the turkey to a serving bowl.

13. If desired, pour the pan juices into a small saucepan. Bring to a simmer over medium-high heat and reduce the volume by ½ to ⅓. Set aside a gravy boat.

14. To serve, place the whole turkey on a platter and surround with foil. Cover with large pieces of pomegranate or pomegranate seeds if desired. Cover the turkey in the foil and arrange the bird meat on a serving platter surrounded with foil leaves and pomegranate pieces.

ANALYSIS (PER 100 GRAMS): 410 CALORIES; 14.6 G PROTEIN; 14.6 G CARBOHYDRATE; 1.6 G FIBER; 15.2 G TOTAL FAT; 8.2 G SATURATED; 1.6 G MONO; 1.6 G POLY; 1.6 G TRANS

ACORN SQUASH WITH DOUBLE MUSHROOM STUFFING

By Kelly Chapman

MEMPHIS

ACTIVE TIME: 30 MINUTES

PREP: 30 MINUTES

This hearty stuffing can be served inside a chicken or turkey or eaten alone in a side dish. It's equally good hot or at room temperature. Both the squash and the stuffing can be prepared in advance, then cooked through just before serving. Recipe may be halved.

- 1 acorn squash, cut in half and seeded
- 1 lb. oysters
- 1 onion, chopped
- 1 clove garlic, minced
- 1 lb. white mushrooms, stems removed, chopped
- 1 lb. white button mushrooms, stems removed, finely sliced
- 1 lb. dried shiitake
- cup prepared couscous
- cup grated Parmesan cheese, divided
- cup chopped carrots
- 1 Tbsp. mint

1. Preheat oven to 400°F. Spritz a baking dish with vegetable cooking spray. Place squash halves cut side down in the baking

dish and cover until tender, about 30 to 40 minutes.

2. While squash is roasting, prepare stuffing. Heat oil in a large sauté pan over medium heat. Add onion and garlic and cook until tender, about 3 minutes. Add both kinds of mushrooms and shiitake and cook until the mushrooms are softened and begin releasing their juices, about 7 minutes. Continue cooking until most of the liquid has evaporated, about 7 more minutes.

3. Add carrots and cook until lightly browned, about 5 minutes. Add bread and bring to a gentle boil. Cook, partially covered, until carrots have absorbed the liquid, about 8 minutes. Remove from heat.

4. When squash is ready, remove from oven, keeping warm. Turn baking dish side up and let rest 10 minutes to cool slightly. Add 4 Tbsp. of the cheese, mint and carrots to the roasting pan mixture and stir well. Divide the filling among the squash halves, using up all the filling. Place on the baking dish, then sprinkle each with 1 cup of the remaining cheese. Bake until hot and through and cheese has melted slightly, about 10 minutes. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES; 14.6 G PROTEIN; 1.6 G FIBER;
15.2 G TOTAL FAT; 8.2 G SATURATED; 1.6 G MONO;
1.6 G POLY; 1.6 G TRANS



HOLIDAY STANDING RIB ROAST WITH YORKSHIRE PUDDING

By Kathy Olson

SERVES 8

ACTIVE TIME: 40 MINUTES

TOTAL TIME: ABOUT 3 HOURS: 45 MINUTES

Salt for a bone-in rib roast and place on one side for every two people. The beef pieces and fat to surround in the pan are the basis for Yorkshire pudding. Recipe may be halved.

Big Roast

- 1 10-lb. rib roast (beef or lamb), 1 1/2 in. thick, with 1/2 in. of fat on one side, salted and peppered
- 1/2 cup flour, seasoned
- 1/2 cup finely ground black pepper, divided
- 1/2 tsp. finely chopped fresh thyme, or 1/2 tsp. dried thyme, crushed
- 1/2 tsp. paprika, very finely dried
- 1/2 small boiling onion or 1/2 cup dried onions, peeled
- 1/2 small bone marrow, whole or 8 bones, bone marrow peeled and quartered
- 1/2 tsp. thyme, 1/2 tsp. dried marjoram

Yorkshire Pudding

- 4 eggs
- 2 cups milk
- 1 cup all-purpose flour, sifted
- 1/2 tsp. salt
- 1/2 cup finely ground black pepper
- 1/2 cup fat drippings from the roast or melted unsalted butter

1. Pound cups in 450°F oven until hot, about 10 minutes. Add 1/2 cup of the salt, 1/2 cup of the pepper, and 1/2 cup of the flour (plus 1/2 cup dried). Using a small slotted spoon, make small dips on the hot along the edge of the bottom, gently cover the garlic when. Then do the rest in a large roasting pan, roll up. Rest the beef for 30 minutes.

2. Place onion and marrow in a bowl and toss with remaining 1/2 cup salt, 1/2 cup pepper and 1/2 cup thyme (plus 1/2 cup dried).

3. Reduce oven to 425°F and rest the meat for another 10 minutes. Then add the marrow and onions to the pan, surrounding the beef. For the Yorkshire well in cups with yeast-sifted flour on the bottom of the roasting pan. Continue roasting until the meat is tender.

ON THE SIDE

At Marineland you'll find loads of easy-baked and easy side dishes. Try the following with our roast:

YORKSHIRE PUDDING
Yield: Baked Yorkshire Pudding from the
Butcher Shop
Baked Yorkshire Pudding
Spoon-Size Baked Yorkshire
Spoon-Size Yorkshire
Spoon-Size Yorkshire
Baked Yorkshire (by the Dozen)

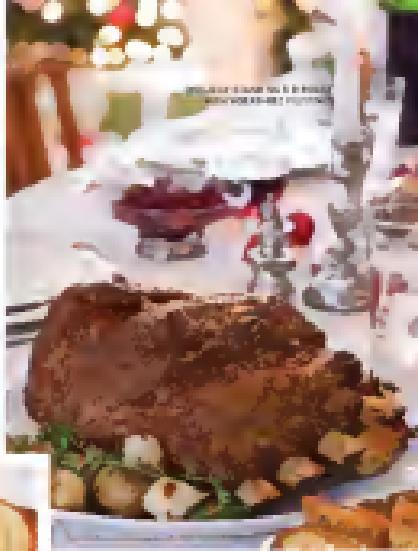


450°F for medium-rare meat, about 1 hour and 30 minutes more. Rest the beef and the vegetables meat or twice very brown, remove from oven and increase oven to 450°F for Yorkshire. Increase oven to 450°F and continue to cook until its removed from the oven, or for additional 10 minutes. While it's cooking, rest meat.

4. When meat reaches the desired temperature, remove from oven and place on a carving board, cover loosely with foil for 10 to 15 minutes before carving. Keep the meat for the Yorkshire pudding while the beef rests. Place a 1/2 cup cold gravy on the eggs.

5. Prepare the Yorkshire pudding: In a large bowl whisk eggs vigorously at least until with an instant mixer. Add milk and whisk again, making sure the mixture is very light. Gradually add flour, salt, and pepper and beat until the mixture is smooth. You can make the batter a few hours ahead of time, cover and refrigerate.

6. Remove one heated muffin pan from the



oven. Raise oven temperature to 450°F. Add 1 cup of the beef drippings from the roasting pan to the muffin cup, or use the same amount of melted butter instead. Return the pan to the oven, invert top for another 2 to 3 minutes.

7. Remove pan from oven and carefully divide the batter among the muffin cups on top of the hot fat and place pan on the middle shelf of the oven. Bake for 10 minutes. While it's cooking, rest the beef in 350°F and bake another 10 to 15 minutes. The pudding should rise and begin to turn golden brown.

8. While the pudding is baking, place meat on a platter and surround with potatoes, carrots, and thyme. If using, heat any remaining pan gravy on top. When Yorkshire pudding is ready, remove from pan and place in a shallow serving bowl. Serve immediately.

APPROXIMATE NUTRITIONAL VALUE PER SERVING:
CALORIES: 1,160 CALORIES: 442 CALORIES
PER SERVING: 260 CALORIES: 100 CALORIES
PER SERVING: 100 CALORIES: 100 CALORIES
PER SERVING: 100 CALORIES: 100 CALORIES
PER SERVING: 100 CALORIES: 100 CALORIES

APPROXIMATE NUTRITIONAL VALUE PER SERVING:
CALORIES: 1160 CALORIES: 442 CALORIES
PER SERVING: 260 CALORIES: 100 CALORIES
PER SERVING: 100 CALORIES: 100 CALORIES
PER SERVING: 100 CALORIES: 100 CALORIES
PER SERVING: 100 CALORIES: 100 CALORIES

THYME, EM CLAUDE

By Alison Blend

LEVEL: E

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 3 TO 5 HOURS

INCLUDES: MARINATING TIME

Red wine and rosemary season the salad for this slow-cooked dish. Marinated portobello mushrooms, sautéed onions, quinoa, and a crisp baguette are all great served alongside to absorb the savory taste. Recipe may be halved and may be frozen.

- 1 medium yellow quince, divided
- 1 shallot
- 1/2 cup finely grated parmesan cheese
- 1/2 tsp. finely ground black pepper, divided
- 1 Tbsp. olive or virgin olive oil, divided
- 1/2 lb. button mushrooms, 1/2 lb. cremini mushrooms, cut into 8 pieces
- 1/2 cup all-purpose flour
- 2 medium onions, halved and thinly sliced
- 1/2 cup dry medium bodied red wine, such as Cabernet Sauvignon
- 8 sprigs fresh thyme

goed and healthy

Good and healthy. These four dishes are as different as it gets and represent I have all kinds of interests in healthy. Through the Aristedo brothers learned Thyme the secret to generate flavor, while great healthy, thyme contains an antioxidant that is a good source of iron, calcium, vitamins C, B6, B12, and substances that promote skin, heart, and

- 1/2 cup quince, finely diced, with juice

- 1 small red onion, with leaves

- 1/2 cup flour

- 1/2 lb. no-salt-needed mushrooms

- 1/2 cup virgin olive oil, divided

1. Finely mince 2 of the garlic cloves and 2 of the shallots. Combine in a mortar and pestle with 1/2 cup flour and 1/2 tsp. of the pepper and mash into a smooth paste, then finely mince the onions in a bowl with the back of a spoon. Add 1 Tbsp. of the flour to the onions to make a paste. Season the remaining flour with the pasta paste and refrigerate for 1 to 2 hours.

2. When ready to cook the mushrooms, spread the flour in a shallow dish and dredge the mushrooms, tapping to shake off any excess. Heat 1 Tbsp. of the oil in a large

sautépan over medium-high heat. Add onions and cook without stirring until the bottom is browned, about 3 minutes. Turn over and continue to cook. After without stirring until the second side is browned, about 3 more minutes. Return mushrooms from the pot and set aside. Depending on the size of the pot, you may need to do this in batches.

3. While sautéing, 1 Tbsp. oil in the same pan. Add onions and heat over medium, and cook, stirring frequently until soft and lightly browned, about 3 minutes. Return remaining 2 garlic cloves and 2 shallots and add, with remaining 1/2 cup pasta and cook, stirring until fragrant about 40 seconds. Add wine, increase heat to high and simmer, scraping bottom of pan with wooden spoon to loosen and dissolve any browned bits, until reduced by about half, about 8 minutes.

4. Add thyme sprigs, pasta paste, olive oil, and bay leaves in the pan along with tomatoes. Return to a simmer and cook, stirring occasionally to blend flavors, about 3 minutes. Add mushrooms, heat with some of the tomato sauce, reduce heat to low and bring to a gentle simmer. Cover pot and cook, stirring occasionally until it is very tender but not falling apart, about 80 to 90 minutes.

5. Transfer pasta to a serving platter and serve loosely in a large bowl. Use a fork to scatter the herbs sprigs, leaves, and bay leaves from the sauce. Increase heat to medium-high and simmer, stirring occasionally to combine flavors and reduce slightly, about 5 minutes.

6. Add 2 Tbsp. of the chopped parsley and 1 cup onions with some sprigs with remaining parsley and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (INCLUDES 100 CALORIES, 20G CARBOHYDRATE, 10G PROTEIN AND 12G TOTAL FAT, 10G SATURATED, 10G MONO, 10G POLY, 1000MG SODIUM, 50 CALORIES IN 1/2 CUP)





When it's cold outside, it's the
perfect time to heat up the kitchen

holiday farm breakfasts



TEXT BY SUSAN DURLEY • RECIPES BY KATHY DURST
PHOTOGRAPHS BY HEATH ROBBINS

holiday memories are often made at the family table. Stories are told and jokes are shared as the meal brings together family and friends. While holiday dinners take center stage, the season is the perfect time for a cozy country breakfast any day. A hearty morning meal will energize everyone for a day of baking, cleaning, or last-minute shopping. With delicious food and beloved company, though, a leisurely breakfast can also easily stretch into an afternoon of relaxed visiting by the fire.



A country breakfast means a bounty of home-inspired goods — eggs, cheese, bacon, vegetables, fruits and an ever-flowing "breakfastie." To make the most of a holiday breakfast, egg for breakfast will keep you full so you don't go into guzzling mode. Hashbrown can be prepared in advance — like the Country Breakfast hash — and kept warm or served at room temperature until you're ready to mix and share.

Fill a basket with bacon and eggs from our "bistro" and some hearty and tangy Country Surprise Muffins with a lime-scented cream cheese filling. Include whipped bacon and a selection of jams, a bowl of no-sugar fresh fruit for breakfast and dessert, lots of coffee and tea, and an assortment of juices.

These choices will appeal to a variety of appetites. Those who are lighter may be satisfied with a hot cereal and a delicious muffin. Others will be pleased to sample a bit of everything and follow up with a second helping of their favorites. And everyone will enjoy the relaxed, unhurried taste to the day.

THE COLOR BREAKFAST

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 40 MINUTES

A breakfast is no event baked-egg dish that goes from "good" warmth to "yucky" temperature. Here we



choose the colors of the breakfast — red pepper and green squash with a touch of white leek.

- 1 Red bell pepper, cut
- 1 red bell pepper, cut into eight slices
- 15 oz (450 g) firm-fat Greek yogurt, divided
- 1 leek
- 1/2 cup freshly-ground black pepper (or to taste)

1/2 cup dried mango
1/4 cup dried cranberries

1. Preheat oven to 400°F.
2. In a large ungreased skillet, heat 1 Tbsp. of the oil over medium heat. Add red pepper slices and cook, stirring, until softened about 8 minutes. Transfer to a plate.
3. Add remaining 1 Tbsp. oil to skillet and heat over medium heat. Add squash and cook over medium heat, stirring, until squash is soft and tender about 3 to 4 more minutes.
4. Whisk eggs in a bowl. Add black pepper and mango and whisk until well combined.
5. Pour eggs over squash. Remove from heat. Place peppers in a pie-shaped shape around the edge of the skillet, pointing the tips toward the center. Scatter hash browns on top.
6. Bake for 15 minutes, or until the eggs no longer look "wet" and the hash has puffed up a bit. The center should be set before immediately, so let cool to room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (MEASURED IN CUP MEASURED TO TOP): 300 CALORIES; 16 G PROTEIN; 16 G TOTAL CARBOHYDRATE; 14 G TOTAL FAT, 8 G SATURATED; 1000 MG CHOLESTEROL; 1000 MG SODIUM; 10 G FIBER.





Great Lakes Health

Eggs do your body good — they're an easy source of protein, and are a good source of choline, which is not just particularly important for pregnant and breast feeding women. They're also one of the few natural sources of vitamin D. The egg contains cholesterol, but recent findings show that consuming an average of two eggs per day doesn't increase blood cholesterol levels.

EGG AND HAM BREAKFAST BURGERS



HOT AND SWEET GLAZED BACON

SERVES 4

16 (4 oz) to 8 (6 oz) thick bacon strips

1/2 cup light brown sugar

1/2 cup chili powder and bacon until a

gourmet corned beef glaze forms. These bacon strips are also tasty served with cocktails, or with the muffin. Eat in, and store in our breakfast menu. Recipe may be halved.

1. In a 400 to 450 degree oven bacon
2. Place bacon in the Broiler about
3. 1/2 cup light brown sugar
4. 1/2 cup chili powder and bacon
5. 1/2 cup finely ground black pepper

1. Preheat broiler. Place 8 strips of bacon on a rack on top of a broiler pan.

2. In a small bowl mix the bacon, sugar, chili powder and pepper. Lightly tap each strip of bacon with about 1/4 cup of the seasoned sugar mixture, pressing it down to make sure it adheres well.

3. Broil for 3 to 4 minutes, or until crisp and brown, but not burnt. Keep a close eye on the bacon as it can go from undercooked to overcooked and burnt in seconds.

4. Gently turn the bacon and sprinkle each slice with another 1/4 cup of the sugar mixture, pressing down lightly to make sure it adheres to the meat. Broil for another 3 to 4 minutes, or until the bacon is cooked to your liking.

5. Remove from the broiler and repeat with the remaining bacon and sugar mixture. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
CALORIES: 460 CHOLESTEROL: 1100 FATTY
ACIDS: 140 GRAMS: 1400 CALORIES:
CARBOHYDRATES: 100 GRAMS: 1000 CALORIES:
LIPIDS: 100 GRAMS: 1000

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1996 年度の研究開発費

12月12日 10:00-11:00

This soaky bread pudding is ideal for cold winter mornings. It's flexible — you can add any type of cheese or vegetables or try mustard seeds, mustard or mustard. Best of all, the eggs can be prepared in advance so you can let it sit overnight and then simply pop it into the oven first thing in the morning. Recipe may be halved (just use 1/2 cup of flour). You can freeze it.

- 12 oz. wild salmon fillets. Place All Salmon in Roasting Dish
- 1/2 cup butter 1/2 melted
- 1 large onion sliced
- 1 bunch green onions sliced
- 1/2 cup finely chopped fresh rosemary in butter blend
- 1/2 cup mushrooms finely sliced
- 1 cup grated Swiss cheese
- 1 egg

- copy for the media
- the theory-practiced book paper
- the book review source such as *Library*

4. Short horizon cores: these should be 10 cm remaining. Break them into 4-6 such cubes. You should have about 7 to 8 caged cubes per sample. For results:

3. How 2 map of the red over low heat to a
energy minimum is shifted. Add green above red
minimizing, for 8 iterations, or until solution
reaches a path gradient value

1 Separate the chard ribs from the leaves and dice ribs. Add to the onions and cook for 5 minutes. Chop the carrots and add. Cook stirring for another 8 minutes or until the chard is tender. Put on the oven tray then transfer to a platter and set aside. Add 2 more cups of the oil to the skillet and heat over medium heat. Add mushrooms and cook until the liquid is removed. Continue cooking until most of the liquid has evaporated about 10 minutes. 2 Spray a 9-by-13-inch baking pan with oil. Place the onions, then the carrots, then the chard, then the mushrooms.

covering a soiled layer. They weigh half the
dried mixture when half the mushrooms
are added. Spread half the cheese on top. Re-press
until the remaining bread, cheese, meat
mixture and cheese

6. In a large bowl whisk the eggs with pepper and hot sauce until well combined. Pour the mixture over the bread and spray pan with cooking spray or oil. Let sit at least 15 minutes for the bread to soak up the egg mixture. (The longer it sits, the smoother the crust will become but longer than 15 minutes, the bread will begin to soak up too much liquid.)

1. When ready to bake, preheat oven to 350°F. Roll out 20 x 16 inches; cut out the eggs and seal each. To check, use a small sharp knife in the center. If raw, should not be seen or easily broken and broken for 3 minutes before serving, three eggs in an electric blender.

APPROPRIATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES • 105 CARBOHYDRATES • 40 PROTEIN
1000 CALORIES • 210 CARBOHYDRATES • 80 PROTEIN
SERVING SIZE: 1/2 PINT



ANSWER SHEET FORM

By John B. Wilcox

2010 RELEASE UNDER E.O. 14176

WATER USE IN AGRICULTURE

卷之三

Digitized by srujanika@gmail.com

The "sugared" or smooth type of bacon is good when bacon is the filling mode. It will make it easy to lay the bacon fat on, making these the easiest muffins ever. Test, taste, then provide a variety of flavors that will jump start your morning.

George George Wiley

- b. 10°C is the threshold of growth
Change of room temperature
- c. 10°C is the
- temp
- d. 10°C is the threshold of growth

100

- 1 cup oil (anytype flavor)
- 2 cups baking powder
- 1 cup salt
- 1 cup sugar
- 4 cups unsifted flour cut into 1/2 inch cubes
- 2 eggs
- 1 cup milk
- 2 cups (unsifted) confectioners' sugar
- 1 cup fresh or frozen cranberries coarsely chopped
- 1/2 cup (unsifted) confectioners' sugar for garnishing (optional)

1. Prepare area in the PFP Spray a 12-cm stainless steel pan with vegetable cooking spray. Use a paper towel to spread spray around the edges and surface of the pan.
2. Prepare cream cheese filling. In a medium bowl, mix an electric mixer on medium high speed to beat the cream cheese and sugar until fluffy. Add eggs and beat just until combined.

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本节将通过一个具体的例子，介绍如何使用JPA对实体类进行操作。

Journal of Health Politics, Policy and Law, Vol. 33, No. 4, December 2008
DOI 10.1215/03616878-33-4 © 2008 by the Southern Political Science Association

Brillante Rostbraten by Robert Mandel. Rost, searing meat brings elegant entrees to the table. Seared Glazed Bacon. Add even more color – and flavor. Raspberry mustard – the Tri-Color Patisserie coating it with **Brillante Glazed Bacon**. The **Glazier's Secret** stabilizes and fortifies roasting bacon meat, avoiding frayed flavors of Glaze. **Brillante Glaze**



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Introducing the new

- b. Prepare the muffins in a large bowl. Combine flour, baking powder and salt, sugar. Whisk or mix with a fork until well mixed. Add flour and oil to mixture now on muffin. Lightly stir until oil is incorporated. Alternatively use a fork or pastry blender.
- c. In a separate bowl, gently whisk the eggs, being careful that they don't get too heavy. Whisk until milk and vanilla. Pour into the flour mixture and stir by hand just until incorporated. Do not stir excessively.
- d. Fill the muffin cups 2/3 full with the very much

the cranberry base. Top each with some of the cranberry filling, covering a among the 12 muffins. Top with remaining cranberry base. The muffin cups should be about three-quarters full. Baked, split each muffin with about 1/2 up down the middle and sugar.

In this case, we light golden brown about 20 minutes but not for 3 minutes. Then remove from oven. Serve warm or at room temperature.

APPENDIX B: A BRIEF HISTORY OF THE RENAISSANCE IN ENGLAND, AND OF THE ENGLISH RENAISSANCE IN LITERATURE.

Kathy Gunst's column for *Down East* magazine, "Notes from a Maine Teacher," can be found at downeast.com.

Joan Greenbaum is a Boston based food writer whose work has appeared in Cooking Light, Yankee Magazine, and other publications.





*Candy canes, pecan pie, eggnog, and tiramisu
like you've never seen them before*

DESSERTS WITH A difference

TEXT BY SUSAN GUILTY • RECIPES BY KERI FISHER AND LISÉ STERN
PHOTOGRAPHS BY MARK FERRI

You could turkey glaze him, or seconds from bird might hold the place of honor on the holiday table. But long before dinner has ended, more than a few guests will be eyeing the cushioned seats next to dessert. Many families have their holiday dessert standby, like pumpkin pie or whoopie pie. And while these familiar recipes are welcome to most diners, it may be time to give them a delicious twist, or bring something entirely new to your family table.

Traditional dinner recipes can often find new life in an updated incarnation. Cheesecake is a holiday favorite believed to date back to ancient Greece, when it was made with Olympia's soft cheese. But it takes on a holiday twist in our rich and creamy Candy Cane Cheesecake, featuring crushed peppermint candies and a chocolate wafer cookie crust.

From *per se* young, in comparison. It was created after Flanigan's column landed in the new World, making the dessert a beloved American tradition. Historian *David Sarnoff* (see *Foodie* sidebar) traces the dessert's origin to New York City in 1890, when Flanigan's son, *John Flanigan*, opened a restaurant there. The dessert was a hit, and the rest is history.

For something just as far out of the ordinary try adding some European flax meal to your bread dough. Our Eggyog Rolls with an layer of egg-yog instead of an unappetizing, densities rolls can be transformed into light, delicate, rolls with a nonpareil texture. The Tatami no Nini (which has nonpareil texture of plain matzah rolls) is better as soft, or yield big. Though English muffins and dinner rolls (also known as "Breakfast rolls") may be eaten in some American homes, various forms of rolls have been a favorite tradition in Europe for over 1000 years.

While holiday meal guests have certain expectations the host/owner can easily surpass them with stocking recipes that give a nod to tradition while bringing their own dimension to the table. Each of the following dishes does just that—celebrating the flavors of a traditional holiday meal while combining them in delicious new ways.

СЕРВИСНАЯ ОБСЛУЖИВАНИЕ

THE PAPERS

卷之三

Spectral Properties of the Schrödinger Operator

1990-1991 學年上學期

Candy comes from the rub that is
complemented with a meat cookie area.
Taking the chemicals in a warm bath helps
to keep the meat area moist and prevent the
surface from cracking. May be known

- *an* *amorphous* *mineral* *passenger* *spores*
■ *SO2* *at* *Present* *the* *most* *extreme* *or*
■ *Emory* *and* *Merrill* *should* *sporulate*

■ **Wine Tastings**

 **Creating Beverage Lists for Guest Referrals** especially selections that align the food & beverage. The **Wiley Guide to Beverage Business** (page 104).

How the Missouri Supreme Court makes a
refreshing switch for the Candy Guy
Operation.

and finally about 1 minute later on results in the fastest speed to low and add eggs one at a time, mixing thoroughly and scraping sides of bowl with a spoon after each addition.

4. Pour 1/2 of the batter into prepared pan. Add ground candy canes on remaining batter and mix well and well combined. Pour candy

can be eaten as a spread on top of bread or past. Use 1/3 to 1/2 of the raw mixture. Being careful not to scratch the crust. When you are the larger roses, the petals and 80% of the leaves should fall away up the sides of the springform pan (just not above the body). Bake 60 to 75 minutes or until the outside is set and just beginning to brown at edges. 11. Remove from oven and let cool on a rack to cool to room temperature. About 1 hour. Then break around perimeter of pan to loosen cake, but do not remove ring. Refrigerate cheesecake in loose J-foam or overnight. Before slicing just before serving, garnish cheesecake with chopped candied citrus. You may also add 1/2 cup chocolate sauce.

APROXIMATAMENTE 10% DELS
PROTEÏNS AMPLIAMENT DISTRIBUÏDES
S'ESTABEIXEN EN PROTEÏNS HOMÒLOGES
QUE S'ABSTENEN DE FORMAR ASSOCIACIÓNS
AMB PROTEÏNS D'ALTRES.





SWEET POTATO BOUILLON PECAN PIE

SERVES 12

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 4 HOURS, 30 MINUTES

Two Southern holiday favorites double up: A creamy layer of browned-fried onions is topped with a creamy sweet potato custard. An easy no-roll browned-butter shortbread crust holds these together.

- 1 lb. cup 10 rock salted butter, divided
- 1 lb. cups all-purpose flour
- 4 Tbsp. confectioners' sugar
- 1 Tbsp. brown sugar or vanilla extract, divided
- 1 lb. cups chopped pecans, divided

- 6 oz. dark brown sugar, packed, divided
- 3 eggs, divided
- 1/2 cup light corn syrup
- 1/2 cup sweet potato purée or 1/2 lb. can sweet potato baby food, mashed, divided
- 3 Tbsp. 3
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/2 Tbsp. heavy cream
- 1/2 cup halved pecans, divided
- 1/2 cup cream (heavy) whipped

- 1 Preheat oven to 350°. Prepare crust. Spray a 9-in. pie pan or 10-in. pan with removable cooking spray. Melt butter in a medium saucepan over medium-high heat, removing foam butter makes. The butter will rise, subdue when foam and

a golden brown patch should appear after 3 to 4 minutes; swirl the pan to move. When butter looks pale gold with browned bits at the bottom, remove from heat. Watch carefully — butter can burn quickly when it turns to brown.

2 In a large bowl, mix together flour and confectioners' sugar. Set aside. 3 Tbsp. of the browned butter is set aside in the pie pan. Melt, add remaining butter to the flour, along with 1 Tbsp. of the browned butter or vanilla like on medium until no clumps remain and no unduly crumbly. Pour crumbs into prepared pan and press along bottom and sides. Prick bottom 10 to 12 times with a fork. Bake until slightly firm but not browned, 8 to 10 minutes.

4 While crust cooks, prepare the pie filling. Place 1 cup of the pecans in the bowl of a food processor with 1 cup of the brown sugar. Process until nuts are finely chopped, about 30 seconds. Separate 1 of the eggs; reserve the yolk and add the white, along with 1 egg, corn syrup, reserved 3 Tbsp. browned butter and 1 Tbsp. of the browned butter or vanilla. Process until well mixed and pasty-like. Add remaining 1/2 cup pecans and pulse just to mix. Pour into partially baked pie crust.

5 Prepare crust pastry layer. In the bowl used for the crust, combine sweet potato with remaining 1/2 cup brown sugar, remaining 1 egg, reserved yolk, cinnamon, cloves and nutmeg; 1/2 cup browned butter or vanilla. Use an electric mixer on medium speed to mix until smooth and thoroughly combined. Add flour and mix until smooth, about 30 seconds. Pour crust pastry mixture over the pie mixture. If like, add an about 30 to 40 minutes. The center should no longer appear liquid, and a knife tip inserted in the side should come out clean.

6 If desired, decorate surface with pecan halves. Serve warm or cool at room temperature; about 1 hour when refrigerated until chilled, about 2 hours or overnight. Serve chilled, topped with whipped cream if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
46 CALORIES, 14G CARBOHYDRATE, 10G PROTEIN
AND 14G TOTAL FAT (10G SATURATED, 1.5G MONO, 3.5G POLY)

EGGNOG TRIFLE

SERVES 12

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 2 HOURS, 45 MINUTES

DIFFICULTY: CHALLENGING

As its name, an English trifle is a layering of cake, custard, fruit, and whipped cream.

This cake mimics classic English trifles by layers of ladyfingers with a rich eggnog custard and spiced cream. Recipe may be halved.

Note: If you prefer not to brandy-infuse the eggnog, use 1 cup strong fluid. Gently heat to room temperature.

1. **Boil:** Double boiler (double boiler)
2. **Cake:** Preheat oven to 350°. Line a 9-inch round cake pan with parchment paper. Butter the parchment paper. Sift together flour, baking powder, and salt. Add sugar, eggs, and oil. Mix well. Pour into the prepared pan. Bake for 30 to 35 minutes, or until a wooden pick inserted into the center of the cake comes out clean. Let cool.
3. **Custard:** In a medium bowl, whisk together the egg yolks, sugar, and salt. Add the flour and whisk until smooth. In a small saucepan, heat the milk over medium heat until it is just about to boil. Pour the milk over the egg yolk mixture and whisk until smooth. Return the custard to the saucepan and cook over medium heat, stirring constantly, until the custard begins to thicken, about 3 minutes. Remove from the heat and stir in the vanilla extract. Let cool.
4. **Whipped Cream:** In a large bowl, beat the egg whites until stiff peaks form. Gently fold the custard into the egg whites.
5. **Layering:** In a large shallow dish, lay a single layer of ladyfingers. Top with a layer of custard. Repeat the layers, ending with a layer of custard. Cover and refrigerate for at least 2 hours, or until the custard is set.
6. **Decorate:** In a small bowl, beat the egg whites until stiff peaks form. Gently fold the cream into the egg whites. Spoon the cream over the top of the custard. Drizzle the chocolate sauce over the top of the cream. Refrigerate for at least 1 hour, or until the cream is set.

pedio. Cook 3 minutes. Add half the cream to the egg yolk mixture and fold gently to combine. Add remaining cream and continue to fold until mixture is uniform in color and no streaks remain.

4. **Assemble the trifle:** In a decorative glass bowl, layer one third of the ladyfingers on the bottom. Top with half the ladyfingers in an even layer. Sprinkle with chocolate, the liquid in a measuring cup for another use (then place half the cream on the ladyfingers). Repeat with all the remaining ladyfingers. Repeat with all the remaining eggnog custard.

From the remaining ladyfingers (keeping in even layers), form the remaining layers. Top with remaining eggnog custard and cover with the custard. Refrigerate at least 2 hours. Before serving, just before serving, garnish with remaining 1/2 cup of cream and dust powdered sugar over bowl.

APPROXIMATE NUTRITION VALUES PER SERVING (SERVING SIZE: 1/12 OF THE TRIFLE): 450 CALORIES, 14G PROTEIN, 25G CARBOHYDRATE, 20G TOTAL FAT, 10G SATURATED FAT, 100MG CHOLESTEROL, 150MG SODIUM, 15MG IRON

Our Eggnog Trifle, with its layer of rich eggnog custard, is an impressive, decadent take on a traditional English dessert.



1. **In a large shallow dish:** Butter a 9-inch round cake pan. Preheat oven to 350°. Sift together flour, baking powder, and salt. Add sugar, eggs, and oil. Mix well. Pour into the prepared pan. Bake for 30 to 35 minutes, or until a wooden pick inserted into the center of the cake comes out clean. Let cool.
2. **Prepare a double boiler:** or a metal bowl or saucepan that will rest on top of a bottom, uncovered, tall bottom pan with about 1 inch of water (water should not touch the top pan). Heat the water over medium-low heat until it is barely simmering. Combine barely egg yolks and sugar in the top bowl, or pan. Whisk constantly for 8 minutes, or until the mixture turns light and thick and holds its shape. Transfer mixture to a new bowl and whisk for 3 to 4 minutes longer, or until the mixture is cool to the touch. Add 1/2 cup cream and stir to combine.
3. **In a large bowl:** use an electric mixer on medium speed to whip the cream to stiff

TERAMBLEY DE NOËL

SERVES 12

ACTIVE TIME: 10 HOURS

TOTAL TIME: 12 HOURS

INGREDIENTS CHILLED TWO

This cake on the classic black de Noël features a custard flan with a chocolate-wrapped almond macaroon filling and finished with a coffee latte sauce.

Cakes

- 1 cup sugar
- 1/2 cup flour
- 1/2 cup plus 2 tablespoons all-purpose flour
- 1/4 cup ground cinnamon
- 1/4 cup baking powder
- 1/4 cup oil
- 1/4 cup unsweetened cocoa powder

Dishes

- 1 cup part-skim ricotta cheese
- Three Maraschino cherries or strawberries
- 1/2 cup coffee
- 1/2 cup ricotta cheese
- 1/2 cup unsweetened cocoa powder

Buttercream

- 1/2 cup instant espresso or instant coffee
- 1/2 cup very hot water
- 1/2 cup vanilla extract
- 1/2 cup fresh unsalted butter at room temperature
- 1/2 cup confectioners' sugar
- 1/2 cup chilled heavy cream
- unsweetened cocoa powder for garnish

1. Prepare cake: Place unbeaten eggs in a bowl of hot water for 3 minutes to bring them to room temperature. Preheat oven to 325°F. Spray an 11- by 17-inch ungreased baking sheet or jellyroll pan with vegetable cooking spray. Line bottom only with round or parchment paper, spray again, and flour the paper and the sides of the pan.

2. Break eggs: In a large bowl, Using an electric mixer on high speed, beat egg yolks and 1/2 cup sugar. Gradually add sugar with mixer running. Beating another 2 to 3

minutes. Mixture should be pale yellow and thickened. With mixer running, add milk; mix for another 30 seconds, resulting near the volume of the egg yolk mixture.

3. In medium bowl: Use a fork or whisk to combine flour, cinnamon, baking powder, and salt. Sprinkle half the flour mixture over the eggs and fold in gently by hand using a rubber spatula. Sprinkle an additional flour mix and fold in gently. Be sure to fold against the bottom of the bowl so the flour will sink. Be careful not to mix too vigorously.

4. Pour batter: Into the prepared pan, spreading out as even as possible. Bake for 9 minutes or until the Marionberry filling is fully baked and golden brown. Cool on a wire rack in the center cutout area.

5. While the cake bakes: Cover a cooling rack with a clean dish towel. Sift the cocoa powder over the surface of the towel.

6. When the cake is ready: Run a knife along the edge and immediately turn the cake onto the prepared dish towel. Carefully remove the towel or parchment paper, fold up the cake in the towel starting with the long side closest to you. Cool to room temperature on the rack, 20 to 30 minutes.

7. Prepare filling: With a food processor or immersion blender, puree the ricotta cheese until very smooth and creamy, about 30 to 60

seconds. Scrape down sides, then add flour and unsweetened cocoa powder and incorporate. Process until smooth. Cover and chill until ready to assemble.

8. Prepare latte sauce: In a small bowl, dissolve instant espresso or coffee in hot water. Stir in vanilla. In a large bowl, use a mixer on medium speed to cream the butter until light. Add confectioners' sugar and cream and beat on high for 10 minutes. Mixture will first appear separated, but will eventually come together. After 10 minutes, scrape the sides of the bowl, then continue beating another 3 to 5 minutes, until light and fluffy.

9. Assemble the cake: Unroll the cake towel; you'll spread the confectioners' mixture down each

layer over the cake, going right up to the edges on three sides—the long side directly in front of you and the two short sides, leaving 1/2 inch empty on the opposite long side. Gently roll the cake (without the dish towel, starting with the side closest to you), using your fingers to tuck the edges in. (Or if some cracks appear, as they'll be covered with the buttercream, roll the cake completely ending with the same-side edges. Use the dish towel to help press the cake into a even roll.)

10. Frost the cake: On a serving platter and from with the coffee buttercream, spread about 1/2 cup for frosting. Cut off a 1-inch wide piece and make a 45-degree angle. Attach that piece angled with claws on top of the cake near the center. Frost down slightly to adhere to the cake. Use the scroll tool to frost to finish frosting my trademark bit of the "dog." Using a fork, gently press lines in the buttercream so that it resembles bark. Dust surface with sugar. Chill 1 hour before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
12 CUPCAKES: 170 CALORIES; 10 G PROTEIN;
20 G TOTAL CARBOHYDRATE; 10 G DIETARY FIBER;
1000 CALORIES; 10 FATTY ACIDS.

Karen Fisher has written for *Smart*, *Confections*, *Ice*, *Food*, *Cooking*, and *Cakes Illustrated*.



Thanksgiving, Act II

Driving the day after the holiday can be just as delicious as the big meal, and so much more casual.

BY ADAM RIED | PHOTOGRAPH BY ADAM RIED

Some people look for letdowns the day after a big holiday, but there can be something just as special—and decidedly more relaxed—about the next day with friends and family still gathered around the table offering a treasure trove of possibilities for quick, easy, healthy dinners. Of course, leftover turkey is the main attraction.

Turkey is ideal for making healthy casseroles, and we have two great recipes. Turkey with Green Chiles and Turkey and White Bean Gratin are surprisingly spicier, more zesty, and substantially lighter than the originals that inspired our healthier versions. Turkey usually birds chicken and hamish with a thick, healthy cheese sauce. We're bringing in a lighter healthy twist by making turkey the star of the casserole and just slathering turkey on the casserole and just slathering turkey on the casserole. High impact goat cheese and feta cheese provide a one-two-cheese punch, and we add heat to an old faithful flavor. Liberated pasta gratas usually include a heavy cheese, which we replace in favor of pungent some of the liberating beans themselves to make a fast, healthy, nutritious dinner.

A casserole is another obvious choice for second meals—but bypass the usual cold offering in favor of a warm savory strata. The strata is usually made with cooked beef, cheese, mushrooms, and a creamy dressing. Using leftover turkey instead, along with reduced-fat Swiss cheese, makes a lighter, much less guilty version that's every bit as satisfying.

More often than not, fried rice from the local Chinese takeout restaurant is bland and oily, but with a bit of cold leftover meat or some packages of microwavable rice, it's

easy to make your own. Blend cooked turkey, plenty of vegetables, and bold seasonings (maple syrup, lime juice) into a complete meal.

TURKEY AND WHITE BEAN GRATIN

SERVES 4

ACTIVE TIME: 1 HOUR

PREP: 10 MIN. | COOK: 10 MINUTES

Don't be daunted by the quantity of pasta—there are a lot of beans and turkey in there, so the leftovers may be halved.

- 1 (4.5-oz.) can low-sodium chicken or turkey broth
- 1 clove garlic, peeled and smashed with the broad side of a knife
- 1/2 lb. (15 oz.) large white navy or cannellini beans, rinsed and drained (about 1 1/2 cups)
- 1/2 cup reduced-fat ricotta
- 1/2 tsp. freshly-ground black pepper



1 1/2 lbs. fresh or frozen* boneless (or young) skinless

1/2 lb. turkey or pheasant (or chicken, if you prefer) skinless, boneless, and cut into bite-size pieces

1/2 cup, torn or shredded

1/2 cup dried-pasta shells

1/2 cup dried-couscous (optional)

1/2 cup reduced-fat ricotta

1/2 cup fresh or frozen vegetables (such as carrots, peas, corn, or green beans) washed, peeled, and cut into about 1/2-cup pieces

2 cloves garlic, peeled with the back of the knife, and coarsely chopped

1/2 tsp. dried oregano or 1/4 tsp. dried basil

1/2 tsp. dried thyme or 1/4 tsp. dried rosemary

1/2 tsp. salt and 1/4 tsp. black pepper

1/2 cup reduced-fat ricotta cheese



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REFERENCES AND NOTES

THEORY

ANSWERING THE QUESTION OF WHAT

THE FEDERAL BUREAU OF INVESTIGATION

Turkey makes for a lighter version of the classic New York City sandwich, which is typically made with shaved beef—a bit of it. What it gains to the traditional Thousand Island dressing and a house

OLD TESTAMENT

Each *Intervenor Justice* is entitled to have one heard for a specific cause. The *Intervenor Justice* may be

Turkey Salad with Cashews. Crisp lettuce, sliced roasted turkey,扁桃仁 (cashews), and herbed dressing and garnished with a swirl of cayenne pepper, salt and red pepper. Serve on a crisp, buttery matzah with a side of Matzah Ball. **Blood Orange Detox Salad** (with oranges and blood oranges) sliced and served with a side of Blood Orange Detox Dressing.

Turkey (aka "Big o' Nosh's Place") at National Bagel & Deli, 1000 Park Blvd with
Applebees Cranberry Mustard mixed with light mayonnaise with bennet, thin layers of sliced
roast turkey, and Hobson's Place Balsamic Glaze.

1. Use freshly ground black pepper
2. Use a fine 2000
ultra-fine emulsifying spray
3. Use long收割 (Cultivate Maturing)
4. Add salt after the style that
does not go well (saltiness) when it is
at 10% salt
5. Use white distilled vinegar lightly dressed
6. Use souring, vinegar and sauerkraut

3. Hold a large non-stick skillet over medium heat. In a small bowl mix mayonnaise, horseradish, lemon juice, shallots, parsley, and cayenne pepper.

• Spray one inch of each forest slice with after oil, working spray and lay the trees on a work surface. spray each slice down. Spray four of the slices with 1 tag attached on one side and all right sides with the spray nozzle. Lay out lines of the forest slices with 1 slice of cheese. 1/4 of the turkey slices. 1/4 egg mixture, and another cheese slice. Top each with one of the remaining four slices of forest. Wrap mixture, slice down, pressing them into place gently but firmly.

- Transfer the sausages to the preheated grill; place a large, heavy pan or panini press on top of them and cook until the bread is crisp, about 4 minutes. Turn and continue cooking until second side is crisp. Lift from sandwich, then choose a method above 4 more minutes. Depending on the size of your grill, you may need to do this in two batches. Serve immediately.



TURKEY & BACON WITH

GOAT CHEESE

LEVEL: I

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

Why not ratchet bacon up with the classic after-the-game dish, which combines bacon with turkey and a Cheddar-style goat cheese? Bacon is a healthful meat, made flavorful with the addition of goat cheese. Recipe may be halved and may be frozen.

- 1/2 cup bacon bacon bacon (1 lb.)
- 1/2 cup part-skim mozzarella cheese
- 1/4 cup crumbled goat cheese (about 1/2 cup fresh goat cheese)
- 1/4 tsp. dried ground black pepper
- 1/4 tsp. salt
- 1/2 cup chopped cooked turkey
- 1/2 cup shredded fresh basil
- 1/2 cup pita chips or croutons
- 1/2 cup grated Parmesan cheese
- 1/2 Tbsp. extra virgin olive oil

1. Preheat oven to 400°F. Spray a 9x13-inch casserole dish with vegetable cooking spray.
2. Mix together the bacon and mozzarella cheese. Let mix heat about 1 minute. Drain well.
3. In a large bowl, use an electric mixer on medium-high speed to beat together mayonnaise, 1/2 lb. of the goat cheese, bacon, basil, and pepper until smooth. Beat in eggs. Add shredded turkey and basil and stir to mix. Transfer mixture to the prepared casserole dish and spread evenly. Sprinkle with remaining 1/2 cup cheese.
4. Sprinkle basil and add pita chips or croutons and oil. Mix well to combine. Sprinkle evenly over the bacon and turkey mixture.
5. Bake until filling is heated through and topping is golden brown, about 15 minutes. Cool for about 5 minutes and serve hot.

AN APPROXIMATE NUTRITIONAL PROFILE FOR SERVING ONE CHILDREN (200 CALORIES): 140 PROTEIN, 100 FAT (12 G SATURATED), 140 CARBOHYDRATE, 12 G FIBER, 210 MG SODIUM, 100 MG CHOLESTEROL.

BAKED TURKEY BREASTS

The Turkey Breasts pair nicely with Blue Moon Winter Ale or Lantersmeyer's

Private Nut Butter, both of which are slightly sweet. For the Turkey parmesan, Blue Cheese tastes best, since it has the same flavor profile as the Turkey. The Baked Turkey Breasts with Goat Cheese is a light taste of spring in the Turkey Fried Rice. The Turkey Breasts with Goat Cheese needs a layer to cut through the cheese — choose a pale one such as Feta, which is well balanced and not too bitter.



TURKEY FRIED RICE

SERVES 4

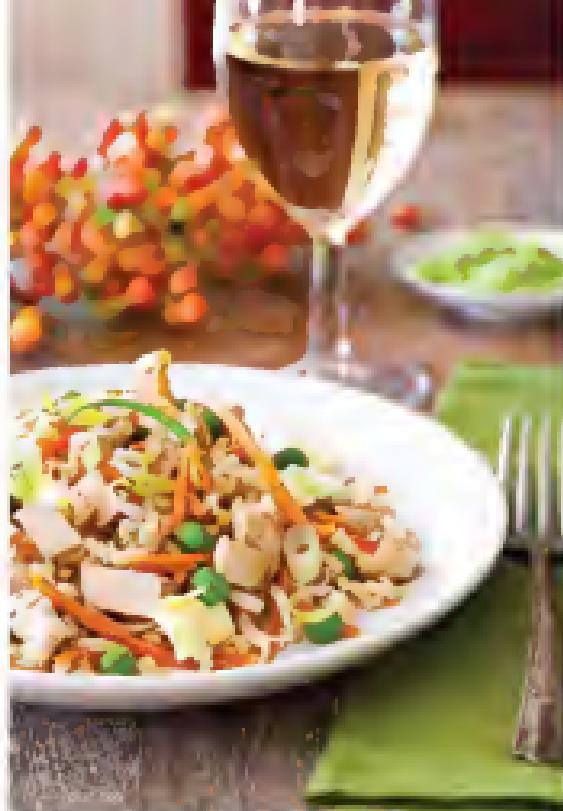
ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

That meal is a great way to get your Chinese food "fix" without adding tons of calories. (Gold rice is best in this recipe — both when rice will be sturdy and sticky.) Fried rice takes well in all kinds of crisp vegetables, including fresh ones or store-bought beans, green beans, cherry bell peppers, and more. Cut the pieces small so they'll cook quickly and evenly. Recipe may be halved.

- 1/2 cup light soy sauce
- 1/2 cup rice vinegar
- 1 egg, beaten
- 1/2 cup peanut or canola oil
- 1/2 cup matchstick carrots (boxed or fresh)
- 1/2 cup frozen peas
- 1/2 cup sliced fresh ginger
- 1/2 lb (2 1/2 cups) uncooked sliced turkey (not 0% fat) such as Uncle Ben's Healthy Turkey
- 1/2 cup chopped cooked turkey
- 1/2 teaspoon sesame oil
- 1/2 bunch scallions, thinly sliced and divided
- 1/2 cup fresh bean sprouts (optional)

- 1 In a small bowl, combine the soy sauce and vinegar and set aside.
- 2 Spray a very large nonstick skillet or wok with vegetable cooking spray and heat over medium heat. Add eggs and scramble, stirring to break into small clumps, just until about 20 seconds. Transfer to a small bowl and set aside.
- 3 Return skillet to heat, add peanut oil



and heat over high heat. Add carrots and peas, stirring occasionally, for about 2 minutes. Add peas and ginger; toss to coat; heat and cook until peas turn bright green

about 1 minute. Add raw turkey and soy sauce mixture; stir to combine and cook, stirring constantly and breaking through and evenly until about 3 minutes.

- 4 Add scallions, scrambled eggs, some of the bean sprouts to garnish, and more sprouts if you'd like to expand. Cook in heat through about 1 minute then transfer the fried rice to a serving bowl, sprinkle with remaining scallions, and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
450 CALORIES; 170 CALORIES FROM FAT;
40% CALORIES FROM CARBOHYDRATE;
30% CALORIES FROM PROTEIN;
10% CALORIES FROM SUGAR.

good and healthy

fermented and "living" foods

fermentation is made by curbing bacteria's rampage with one which causes fermentation, a process that converts carbohydrates and sugars in the food into alcohol or bacterial acids. Fermented foods like sauerkraut, miso, and miso soup level food allergies. Studies have shown that consuming naturally fermented living foods can benefit digestion by promoting the absorption of nutrients, coordinating the healthy metabolic function, and stimulating (friendly) microbes. But be aware that if a product has been pasteurized (as required by "good manufacturing"), the fermented live benefits might no longer be present in the food.

Get Cultured

Yogurt is a healthy (and welcome) addition to any meal.

NUTRITIONAL, RESEARCH AND RECIPES BY MARYLYN MONROE; PHOTOGRAPH BY JEFFREY MCKEE

Thick, creamy yogurt — a rewarding touch and a useful ingredient in cooking and baking — has been around since ancient times, but it didn't take off in the United States until the 1960s and '70s. Today yogurt is firmly in the mainstream — you'll find 100 products with "yogurt" in the name on our shelves, from yogurt smoothies to frozen yogurt.

Yogurt is made by adding bacterial cultures to milk. The bacteria convert the milk sugar (lactose) into lactic acid, which gives yogurt that characteristic tang and characterizes sour cream. Yogurt can be very nutritious — rich in calcium, protein, B vitamins, and a host of minerals. But not all yogurts are created equal. Greek yogurt, which is becoming increasingly popular, generally contains at least twice the protein of regular yogurt, although it is frequently lower in calcium. Flavored yogurts typically contain up to 100% fat, which is higher than plain yogurt, and 100% fat yogurts can be very rich. Most, but not all, yogurt brands have vitamin D added, which boosts calcium absorption. And a few yogurt brands are fortifi ed, which can add the beneficial bacteria.

To know which yogurts are healthiest, start with the stars — *Cooking Stars*—rated yogurts — and read labels. Yogurt that contains live and active cultures is considered the most healthful — of the bacteria cultures that give yogurt benefits beyond its basic nutrients. The term "probiotics" refers to the live bacterial cultures that have health-promoting effects on their own (see "Probiotics 101" on page 41). Various brands contain different cultures, but all of them include L. bulgaricus and *S. thermophilus* (if a yogurt has live and active cultures

the package label will usually say so). Some even have a "Live & Active Cultures" seal from the National Yogurt Association.

The basic yogurt, however, is plain, unflavored yogurt, probably made on live or low fat. But the range goes all the way from yogurt not for everyone, but adding a teaspoon of honey or maple syrup, or some fresh fruit can increase its appeal. Yogurt is great to use in cooking — use it in baking instead of sour cream to add moisture and richness without loss of fat. We offer a selection of recipes that make it easy to incorporate yogurt into your meals.

BUTTERMILK MUFFINS

ACTIVE TIME: 10 MINUTES
TOTAL TIME: 4 HOURS TO BAKE/10 MINUTES TO COOKING (BAKING TIME)

Yogurt makes also-called *Swiss* Muffins, is an easy and delicious breakfast cereal by



BY MARYLYN MONROE; PHOTOGRAPH BY JEFFREY MCKEE
Cooking the corn overnight makes them soft and moist; serving them hot over fresh fruit and yogurt makes a delicious breakfast or dessert.

- 1/2 cup chopped pecans or walnuts
- 2 cups old-fashioned oats
- 1 cup whole milk for unflavored soy milk
- 1/2 cup granulated sugar (optional)
- 4 cups 100% lowfat nonfat yogurt (use plain if you prefer)
- 1/2 cup packed dried apricots (about 8 ounces)
- 2 Tbsp. brown sugar
- 1/2 cup plain yogurt (or low-fat yogurt, divided)
- 1 medium ripe pear

1. In a small shallow bowl, toast the oats over an open flame until they begin to smell toasted, about 3 minutes. Cool, then transfer to a resealable resealable jar; store.

2. In a medium bowl, stir together oats, pecans, raisins (if using), apple juice, soy milk, and dried apricots. Cover and refrigerate at least 8 hours or overnight, until the oats have absorbed nearly all the liquid and have softened.

3. In a serving dish, top yogurt with the oat mixture. Divide the fruit among 4 bowls. Peel and chop the pear and top each bowl with some of the pear and a spoonful of the reserved toasted oats. Top each serving with 1 Tbsp. of the remaining yogurt. Store leftovers in the refrigerator covered for up to 4 days.

APPROXIMATE NUTRITIONAL VALUE PER SERVING: 288 CALORIES; 100 CHOLESTEROL; 100 PROTEIN; 40.4 G CARBOHYDRATE; 14.4 G FIBER; 10.2 G PROTEIN; 10.2 G SUGAR; 10.2 G FAT



NO-CHEF HUMMERFILET

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES (NOT INCLUDING MARINATING TIME)

Marinate fish in a seasoned yogurt mixture in an easy way to add flavor to cold white fish like cod, haddock, or halibut and also keep it moist during cooking. Our version has Greek flavors and is delicious accompanied by a chopped Greek salad and warm whole wheat pita bread. Recipe may be halved.

- 1 cup plain low-fat yogurt
- 4 cloves garlic, minced
- 1/2 cup fresh lemon juice
- 1/2 cup olive oil

GUIDING STARS®

Nutritious Choice: White Meats™

Marinade is a simple Guiding Stars program that quickly can turn a choice cut of meat or poultry into one of our healthy stars up. Foods that merit stars offer the most nutritional value for the calories you plan to eat. If you like these items in your diet, be sure to follow the stars for easier shopping and healthier cooking.

- 2 Tbsp. chopped fresh oregano or 1 Tbsp. dried oregano
- 1 Tbsp. chopped fresh dill or 1 Tbsp. dried
- 1/2 cup 100% plain yogurt
- 1/2 cup 100% orange juice
- 1/2 cup lemon juice (optional, optional)
- 1/2 cup olive oil and lemon juice

- 1 Add yogurt, garlic, lemon juice, orange juice, and olive oil to a plastic zipper sealable plastic bag. Zip bag closed and squeeze several times to mix ingredients. Open bag and add fish fillets, marinating on both sides. Let bag and refrigerate for at least 1 hour or overnight. If an hour before cooking, preheat the oven to 350°F. Spray a 9 by 13 inch pan with vegetable cooking spray. Remove fish fillets from the bag and place them in the



GUIDING STARS KEY

- 1 star = good nutritional value
- 2 stars = better nutritional value
- 3 stars = best nutritional value

PROBIOTICS 101

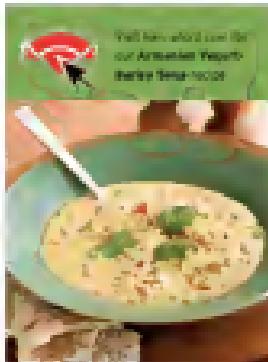
Probiotics are good bacteria – bacteria that are naturally found in your digestive system. Research has shown that probiotics can help with certain digestive issues – they can help reduce the symptoms of irritable bowel syndrome as well as other effects. Taking antibiotics, for example, prevent a healthy digestion and treat diarrhea. Probiotics can also help relieve symptoms of asthma in children and help out healthy adults. Certain infections. These are available in yogurt, powders, and liquid supplements and in foods including yogurt, kefir, miso, tempeh, and some raw cheeses.

ps. Sprinkle remaining yogurt marinade mixture over the top of the fish

To make this for other fish varieties, or use it like this ready with a tilapia. Then it will be big and moist yogurt marinade in the pan which can be discussed.

4 To serve, lift tilapia out of the pan with a slotted spoon to drain briefly, and place on a platter. Sprinkle with salt and parsley and garnish with lemon wedges and chilis sprigs if desired. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (100G FRESH HUMMERFILET, 100 PROTEIN, 20 FAT, 10 CARBOHYDRATE, 100 CHOLESTEROL, 1000 CALORIES, 100 FIBER)



1. INTRODUCTION

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ANSWER

For your next Indian meal, add vegetables. It is easily adaptable — add always an either cooked fish or cubes of cooked chicken. The accompanying purée will add a cooling tang to the spice of the dish. You may be amazed.

10

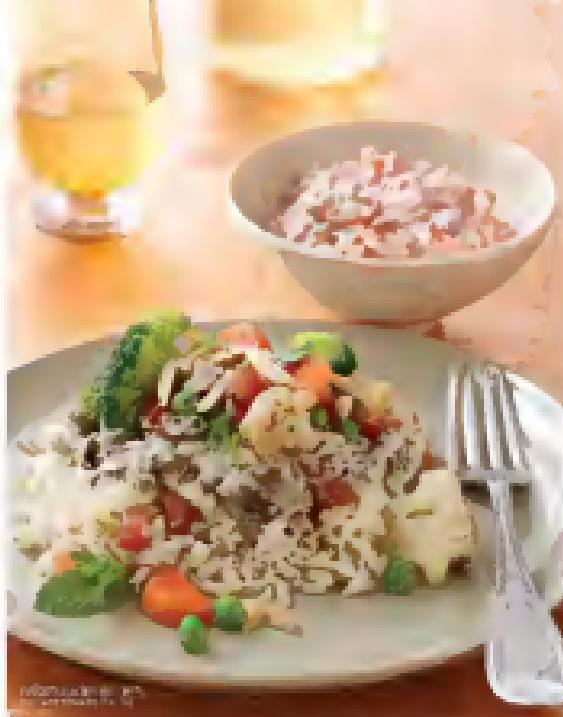
- 1 cup brown basmati rice
- 1 cup water
- 1 Tbsp canola oil, divided
- 1 tsp ground cumin (found in the rice or spice aisle)
- 1/4 cup uncooked carrots
- 1/4 cup peeled parsnips
- 1/4 cup finely sliced onions
- 1 jalapeño, stem removed, seeded and minced
- 1/2 cup cilantro
- 1/2 Tbsp lime juice (if needed)
- 1/2 cup cilantro leaves (from fresh cilantro)
- 1/2 cup frozen peas
- 1 medium tomato, chopped
- 1/2 cup plain yogurt
- 1/2 cup slivered almonds
- 1/2 cup cilantro leaves (from fresh cilantro)
- 1/2 cup chopped fresh cilantro leaves (from fresh cilantro)

1000

- 1 cup whole plain Greek yogurt
- ½ cup low fat plain yogurt
- 1/3 cup chopped fresh dill
- ½ lbs ground carrots
- ½ lbs zucchini
- ½ lbs parsnips
- 1 medium tomato - chopped-coarse (1/2 cup)
- 1 medium onion (grated coarse - 1/2 cup)
- 2 cloves, finely chopped

1. Preheat oven to 350°F. Spray 2-quart casserole with non-stick cooking spray.

2. Prepare bayou. Place meat and vegetables in a medium microwave and heat to a boil over high heat. As soon as water boils, reduce heat to low, cover casserole and cook until water is absorbed and meat is cooked (about 20 minutes).



no 10 minutes. This has not been prepared
in the laboratory.

3. While rice cooks beat 2 cups of the oil in a large mixing bowl over medium heat. Add green onions, mustard seeds and poppy seeds and cook, stirring constantly for 30 seconds. Add onions, jalapeños and raisins and cook until raisins soften, stirring occasionally, about 30 to 45 minutes. Add 1 to 2 Tbsp. water if needed to keep the mixture from scorching or burning. Transfer to a bowl and let cool.

4. Return skillet to medium heat. Add remaining 1 cup oil. When hot add soy sauce mixture and pass. Cook and stir until vegetables have softened slightly about 3 minutes. Set out the chopped tomato leaves from bowl and set aside.

5. Stir jalapeños into the cooled green jalapeño mixture. Sprinkle the combined ingredients evenly over the rollings, a second layer of rice. Top with the sliced tomatoes and the remaining 1/2 cup of the green jalapeño mixture.

with the vegetables to make a thick layer. Cover the pan with a lid or foil. Bake for 30 minutes, or until heated through.

- While beans boil, prepare the salsa in a medium mixing bowl. Stir together both peppers and serrano. Stir in cilantro, cumin, salt, and paprika until combined and smooth. Add lime juice and scallions, stirring to combine. Transfer mixture to a serving bowl and serve immediately, or cover and chill until ready to serve.

7. When the oven is done, remove from oven, turn over and spread the top with chocolate and chopped chocolate and wait for cooling. Slice from the baking dish with a knife on the sides.

APPROPRIATE NUTRITIONAL VALUES FOR CHILDREN
ENCAPSULATED IN CARBOHYDRATE-130 PROTEIN
IN PRETERM INFANTS: A RANDOMIZED, DOUBLE-
BLIND, CONTROLLED STUDY. 20

Holiday Getaway Meal

Cooking away from your home kitchen is a snap with Hannaford ingredients.

STORY BY JANE COOK/MUSON RECIPES BY KATHY ONLY/MAYONE. PHOTOS BY KAREN T. FERGUSON FOR HANNAFORD

Holidays mean home and family, but they may also mean a seasonal getaway — perhaps to a New Hampshire cabin, a Vermont ski lodge, a cozy farmhouse in upstate New York or Massachusetts or an island off the coast of Maine. Of course, it can be challenging to prepare a holiday feast in a remote location but with a bit of forethought — and tools — help from our favorite convenience Taste of Inspiration® and Hannaford Place® products — you can enjoy a delicious meal no matter where your plans take you.

Do as much of your grocery shopping ahead of time as you can because you may find yourself miles from the nearest market. Even perishables can be packed in coolers and brought along. If you're transporting a turkey make sure your cooler is well insulated and surround the bird with plenty of ice packs. A turkey breast, which takes up less space, can be

easier traveling. Remember that frozen turkey may take several days to thaw in the refrigerator, so plan accordingly. It's no fun to thaw poultry at room temperature! Starchy possibilities such as turkey breasts and apples can be kept unrefrigerated for at least a day. To avoid overpacking and to make cooking as simple as possible consider measuring ingredients like spices, salts and sugar beforehand and bring only what you need.

The recipes here were designed with travel in mind. They can be prepared with the most basic of kitchen equipment (though you might want to pack your own roasting pan and a good knife as well). These festive dishes get a boost from ingredients exclusive to Hannaford, such as its Inspiration Minnesota Salmon Pepper Rub and Nature's Place Organic Honey — a great way to add flavor and complexity without a lot of effort.

CRAB MELT SLIDERS

SERVES 10

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 35 MINUTES

Crab meat needs little adornment. But these sliders are irresistible. Buttery crabmeat are layered with delicious crab salad, creamy horseradish, and then topped with slaw. Recipe may be halved — or doubled for a larger crowd.

- 12 plain buns
- 12 ozs. (1 lb.) lump crabmeat (20/24)
- 1 Tbsp. light mayonnaise
- 1/2 cup Inspiration Minnesota Salmon Pepper Rub (to taste)
- 1/2 cup Hannaford Spicy Horseradish
- 1/2 cup fresh lemon juice, to taste
- 1/2 lb. fresh coleslaw (or store-bought)
- 1/2 cup mayonnaise (found in the Baked

1) Preheat oven to 400°. Cut buns into thin (1/8-inch) slices. Cut about 1/2 slice off each slice of bun; save these for a sandwich later.

2) In a small bowl, mix together mayonnaise, rub, mustard and horseradish and spread. Add coleslaw and mix until evenly blended.

3) Slit remaining 1/2 bun horizontally and set them cut side up on a baking sheet. Place about 1/2 lb. crab on the bottom half of each bun. Top each with a piece of rhyme. Bake for 4 to 5 minutes until cheese is melted.

4) Top with sliders with raw horseradish slaw and a creamy ball. Slice each sandwich in half, if desired, and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
EXPANDED: 360 CALORIES; 140 FATTY ACIDS; 20.9 GRAMS PROTEIN; 10.1 GRAMS CARBOHYDRATE; 10.1 GRAMS SUGAR; 1.9 GRAMS FIBER.
LOW-FAT: 260 CALORIES; 10.1 FATTY ACIDS.





SIDES AND DESSERTS FOR THE ROAD

When on the road, we are used to eating. Green Beans and Broccoli Rabe are always on hand in a microwave or on the stove. Among Books of Inspiration®: Rosemary or Thyme and Lemon Dipping Oil for a dip; and of course, the classic Italian classic, *Insalata di Verdure alla Berry Cranberry Salad*. Our family has always conditioned to keep you comfortably packaged for traveling. Please, *Salad As A Salad Barbecue*, *Chopped Greens*, or *Insalata di Verdure*. Please find additional info at parknord.com for an added resource.



Herb-Roasted Sweet Potatoes

HERB-ROASTED SWEET POTATOES

SERVES 8

ACTIVE TIME: 10 MIN.; STANDING: 10 MIN.

TOTAL TIME: 15 MINUTES

An alternative to sugar-laden sweet potato casseroles, these aromatic sweet potatoes can be served hot, warm, or at room temperature. Recipe may be halved and may be frozen.

- 1 lb. sweet potatoes
- 1 shallot, quartered
- 1 Tbsp. Italian-Style Butter Dipping Oil
- 2 lbs. light brown sugar
- 1/2 tsp. cinnamon
- 1 Tbsp. finely chopped Malone's Pecan Pie Spice (Malone's)
- 2 Tbsp. finely chopped Malone's Pecan Pie Spice (Bragg's)
- 1/2 cup, unsweetened dried cranberries, or berries

good and healthy

These are sweet, flavorful, and nutritious, baked potatoes are another favorite we have on hand in colder months, as their nutrients can help boost our immune systems. They're high in vitamins A and beta carotene, as well as zinc, fiber, and manganese. They're also high in fiber and have anti-inflammatory properties, making them great to eat if you're prone to respiratory ailments.

1. Total Roasted Potato Dipper

Preheat oven to 425°F. Spritz a baking sheet with olive oil cooking spray.

2. Peel sweet potatoes and slice them in half lengthwise. Cut each half into 1/2-inch slices. Transfer to a large mixing bowl. Add shallots, onions with oil and toss well to coat. Sprinkle brown sugar and cinnamon pepper over the potatoes and toss well to coat. Spread potatoes in an even layer on the prepared baking sheet.

3. Roast potatoes for 25 minutes.

Sprinkle thyme, rosemary, salt, and paprika over potatoes, and toss on the baking sheet until evenly blended. Roast for about 15 more minutes until potatoes are tender when pierced with a spoon or knife and lightly browned.

4. Transfer Roasted potatoes to a serving bowl and garnish with sprigs of fresh thyme, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (4 OUNCES): 340 CALORIES; 140 CARBOHYDRATE; 10 PROTEIN; 10 FIBER; 144.84 GRAMS TOTAL CARBON; 1.14 GRAMS TOTAL FIBER.

ROSEMARY AND HONEY TURKEY WITH RAISIN-LEMON-MUSHROOM DRESSING

SERVES 10

ACTIVE TIME: 1 HOUR, 10 MINUTES

TOTAL TIME: 3 TO 4 HOURS

Roasting is often called "dressing" when it's "baked" outside the bird; we've taken that name.

Turkey and Dressing

- 10 lb bone-in turkey breast, no turkey bones, frenched well and pectoral
- 2 cups water
- 1/2 cup or 2 pkgs. Turkey Gravy Mix (Kraft, French, or Italian Products)
- 1/2 cup (1/2 cup) chopped shallots, finely diced
- 1/2 cup dried Italian flat leaf parsley
- 1/2 cup white and wild green onions (scallions)
- 1/2 cup sliced baby bella mushrooms
- 1/2 cup sliced white mushrooms
- 1/2 cup Inspiration Flora de Sel Sea Salt or 1/2 cup
- 1/2 cup finely ground black pepper
- 1/2 cup dried Italian Pinenut (Nuts of the World) butchers
- 1/2 cups reduced sodium turkey broth or chicken broth
- 1/2 cups

Bones

- 3 Tbsp. Inspiration Culin' Chopping Oil
- 1/2 oz. (1/2 oz.) Natura's Flora D'Osso Honey
- 2 Tbsp. dried rosemary leaves
- 1 Tbsp. dried thyme
- 1/2 cup Inspiration Flora de Sel Sea Salt, or to taste
- 1/2 tsp. finely-ground black pepper
- 1/2 cup coarsely
- 1/2 cups reduced sodium turkey broth or chicken broth

- Turkey:** Place water in 12x17" glass roasting dish and set up on a roasting rack in a roasting pan. Add water to the roasting pan. Turn half the poultry bones (breasts) into the cavity of the turkey breast. Sprinkle the outside of the turkey with vegetable cooking spray. Turn the turkey breast for 1 to 2 hours, depending on the size.
- Dressing:** In a large nonstick skillet, over medium heat, sauté onions over the onion and shallot until browned, about 3 minutes. Transfer onions to a large mixing bowl. & add olive oil to pan and sauté root vegetables until browned. When hot, add baby bella, wild white mushrooms, oil and pepper. Cook until no wild mushrooms give off their liquid and is fragrant to your nose, about 15 minutes.

6. While mushrooms are cooking, cut bread slices into 1/2-inch cubes. These should be 3-cups of bread cubes. Spread the cubes on a baking sheet and spray with vegetable cooking spray. Turn oven oven for 10 to 15 minutes until golden. Transfer to the bowl with the cubes.

7. Remove leaves from the stems of the remaining poultry bones (breasts). Discard stems and finely chop the leaves and add to the mushrooms. Set to cool, then add to bowl and mix well to combine.

8. In a medium bowl, whisk bread and eggs together. Pour bread mixture over the dressing and mix well to combine. Sprinkle 6 to 12-inch baking pan with cooking spray. Transfer dressing into the pan in an even layer. Cover pan with foil and set aside.

9. Preheat oven to 350°. Place the dressing in the oven for 30 minutes. Remove from the oven. When the turkey has cooled for 20 minutes, generously brush it with the glaze. Cover the turkey with foil and cook for 1 minute. Remove from the oven.

10. When the turkey has cooled for 20 minutes, generously brush it with the glaze. Cover the turkey with foil and cook for 1 minute. Remove from the oven.

11. When the turkey has cooled for 2 hours, 30 minutes, place the covered dressing pan in the oven. Take for 15 minutes, then remove foil and bake an additional 10 to 15 minutes. The dressing is done when it has browned up and is lightly crisped on top. Transfer cooked dressing to a serving bowl.

12. Check the internal temperature of the turkey often; it has cooled 3 hours. It should read 165°F in the thickest part of the breast. If more time is needed, check again at 10 minute intervals until 165°F is reached. Basting is each check. When turkey is done, remove foil and let rest for 15 minutes before slicing.

13. While the cornichons are the turkey breast and add to the dressing/garnish. Bring to a boil over medium-high heat, stirring constantly. The sauce will thicken quickly. Immediately transfer to a gravy boat.

14. To serve, glaze turkey on a platter. Serve with dressing and sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING

1,791 CALORIES; 770 CARBOHYDRATES (40% PROTEIN AND 49% CARBOHYDRATE); 1,193 CALORIES; 60% CARBOHYDRATE; 16% PROTEIN



IN THE BAG

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JUST LOG IN WITH YOUR PC MAC

THE JEWISH

Philip's *Medieval and Renaissance Poetry* (1965) is the Master Class

In the Bell & Evans *Green Standard* section
Potatoes or mashed potatoes, 100g
please try Bell & Evans green beans, 100g
Potatoes and this is a mix of Nature's
Plan® Organic Jaffa® Cranberry Beans
from the Natural & Organic section

Stop at the Bakersfield offices of the *Sierra Nevada Times* at 1101 K Street, Bakersfield, for the *Sierra Nevada Times* and *Sierra Leaf*. And there are gas bar oil books, available where to buy, and in quantities - try the Apple City, Pa.

10 of 10

Chitosan: Fungi are symbionts of the soil, decompose it and turn basic nitrogen and linked with some of organic and organic products and a special source. Their metabolites are also included.

by dessert out together a cookie platter from the **Bakery** - try an arrangement of our **Gourmet Cookies**, Big Cakes and **Brownies** with a **Creamed** or **Flavored**

Digitized by srujanika@gmail.com

Put all in with Thanksgiving dinner for a crowd in one easy step. Wrap up a whole turkey with all the trimmings, gravy, stuffing, biscuits and gravy, plus a couple of desserts. You can keep it at least 10 days in advance.

西雅图中文电台

at the **BBQ** we have an assortment of spiders (arachnids) which are trained or in training. Try their **Spiders** or **Arachnids** - it's the perfect meal for a hot day lunch or dinner, along with our famous **Plant Sticks**. You soups and fresh salads.

10

Well, you can't be
Buddhist all the time.
For more spiritual
types, just about the
same thing applies.
Also, you have
to be a good person
to avoid your
spiritual life getting
out of hand.

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Dairy Farmers
BROMFIELD, VT



HOLIDAY CREAMY CABOT CHEDDAR SPREAD

MAKES 1 LB. CROUTON

- 1 1/2 cups Cabot Sharp or 100% Natural Cheddar Cheddar
- 1/2 cup mayonnaise
- 1/2 cup green onions
- 1/2 cup diced apples
- 1/2 cup diced pears
- 1/2 cup diced cranberries
- 1/2 cup diced pears
- 1/2 cup diced cranberries

- In food processor, combine cheese, butter, mayonnaise and salt. • Add green onions, mayonnaise, diced apples, diced pears and diced cranberries. • Blend until smooth. • Spoon into individual containers. • Cover with plastic wrap and refrigerate for up to 1 week.



You can easily enjoy the flavor of this great spread by using one of Cabot's classic crackers. Hydrated, natural and delicious, these crackers are the best way to enjoy this spread, and the perfect complement to cheese.

Whichever you choose, when the great cheddar meets the spread, it's an instant hit with lots of satisfying, creamy flavor for every great occasion.

And many thanks for giving this spread a try! We're sure you'll make many more great gifts from the spread in the future, and we hope you'll spread the word about Cabot Cheddar Spread! We're a simple bouquet of fresh creamy taste with a healthy ribbon for you.

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1 delicious recipe
3 kinds of cookies

Lots of happy memories

McCormick® Gingerbread Men

1 cup flour
1 cup McCormick® Ground Ginger
1 cup McCormick® Ground Cinnamon
1 cup baking soda
1 cup baking powder

1 cup McCormick® Ground Nutmeg
1 cup molasses
1/2 cup oil
1/2 cup (1 1/2 sticks) butter, softened

1/2 cup (1/4 cup) packed brown sugar
1/2 cup granulated sugar
1/2 cup water
1/2 cup McCormick® Pure Vanilla Extract

MIX flour, ginger, cinnamon, baking soda and oil. Beat buttermilk and sugar into bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg, and water from oil. Continually beat until mixture is well blended. Frost dough with white frosting. Wrap dough in airtight plastic 4 hours or overnight.

ROLL dough on a well-floured work surface. Cut into pre-greased non-stick cookie sheets. Place 1 inch apart on ungreased baking sheets.

BAKE in preheated 350°F oven 8 to 10 minutes or until edges of cookies are set and firm (beginning to brown on bottom about 1 to 2 minutes). Remove to wire racks to completely cool. Decorate as desired. Makes 3 dozen.

Visit [mccormick.com](http://www.mccormick.com) to learn how to use this gingerbread dough for other delicious projects.
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